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Lions owner feels two teams better than one

FOOTBALL B.C. Lions owner David Braley has bought the Toronto Argonauts.

Braley, a former owner of the Tiger-Cats, is a Hamilton businessman who owns Orlick Industries Ltd., a leading auto parts manufacturer.

CFL commissioner Mark Cohon yesterday dismissed concerns regarding the optics of having one man own two teams, or 25 per cent of the league.

"We'd rather have one guy with considerable means who loves the game sit atop two franchises than having a stop-gap measure and not get the right people into one of our most important franchises," Cohon said. THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS

Canada's Olympic women's hockey team players Carla MacLeod, left, Colleen Sostorics, centre, and Meaghan Mikkelson laugh at a souvenir photo before practice in Vancouver yesterday.

Opening with a bang

Sleep-deprived neighbours can't find welcome for Irish House

VANCOUVER 2010 Games

GREG DOWNS
for Metro Vancouver

Vancouver may have invited the world to a two-week party, but some downtown residents say they've already had enough of the Irish.

Ireland's hospitality house opened on Monday with a bang, a very loud bang. Music that went on until 3 a.m. could be heard by residents all around the Irish House at Seymour and Nelson streets.

"Even with earplugs and pillows over my head I still wasn't able to fall asleep," said Kyla Knowles, a resident at Metropolitan Towers, which is kitty-corner from the venue. "I cannot imagine having to drag myself to work every morning for the next month on three hours sleep per night."

Another resident, Maxim Volf, said the TV could barely be heard over the sound of the music.

"I understand that is a special event as the Olympics are in town, but the volume coming from this tent is ridiculous. I have to get up for work at 6 a.m. and this music is keeping me up."

Irish House general manager Julie Connolly said yesterday that the first night was only a taste of what's to come.

"We had about 700 people through the doors (Monday) and that'll be on the low side," Connolly said yesterday. "We want that through the House four times a day."

"I would call this the most fun pavilion for the Olympics."

Connolly said she hopes Vancouverites will eventually embrace the party culture in the spirit of the Games.

"Like any good Irish person in the room, this is natural for us, it is what we do," Connolly said.

Requests to speak to a City of Vancouver bylaw officer were not answered by press time.

On Twitter

@DreInCharacter Can I call the police on the Irish House? **@StephanieOrford** The 'Irish House' tent is partying like there's no tomorrow, and disturbing neighbours. #VO2010

@michie_v Irish House is open, and loud, and freaking rammed. Feeling the buzz! #vancouver2010

Promises of reforms, tax breaks from throne

LEGISLATURE The B.C. government says Olympic Games momentum will drive its push to reform education, offer tax relief to families with children and fight to revamp federal environmental regulations for major resource projects like mines.

Lt.-Gov. Steven Point says British Columbians will see the government spearhead neighbourhood learning centres that will open seven days a week as part of plans to introduce new and smarter forms of schooling.

Point read the B.C. Liberal government's 25-page throne speech to mark a three-day opening of the legislature, before adjourning for a three-week Olympic break, returning next month for the March 2 tabling of the budget, forecast to include a deficit of $1.7 billion.

Tomorrow, Prime Minister Stephen Harper will become the first Canadian prime minister to deliver a speech inside the B.C. legislature.

Point says the B.C. Liberals plan to allow families with children under 18 years to defer their property taxes, under a new program similar to those already available to seniors and people facing financial hardship.

Point says the province, citing the recent Supreme Court of Canada ruling on the Red Chris mine project, plans to lobby Ottawa and other provinces to amend the federal Canadian Environmental Assessment Act to create a unified national review process for developments. THE CANADIAN PRESS

News on the Move

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Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

• Today — Women's hockey team toughed it out in Dawson Creek, page 14

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News in brief

WATER To promote the Lower Mainland's world-class tap water, Metro Vancouver has teamed up with the city's newest hotel, Fairmont Pacific Rim, to offer guests re-usable water bottles as an alternative to plastic water bottles in the mini-bar.

WARNING Police in Vancouver are warning the public after a 16-year-old girl was grabbed from behind while walking home from Point Grey Secondary School. She managed to get away.

ARREST A 16-year-old boy and a 15-year-old girl have been arrested for allegedly stealing a bait car in Coquitlam. Police used a hidden camera to identify the suspects and tracked the vehicle remotely before officers were able to pull the car over. METRO NEWS SERVICES

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What's online today.

Blogs TFC's Dwayne DeRosario joins It's Called Football to clear the air on his contract rumours and SpinDoctor identifies an unlikely candidate to succeed Stephen Harper

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JEFF HODSON/METRO VANCOUVER

Workers put the final touches on a massive stage at LiveCity Yaletown yesterday in David Lam Park. The LiveCity site opens tomorrow for a torch relay community celebration.

Rocking Yaletown

Second LiveCity location will play host to lots of music

JEFF HODSON
jeff.hodson@metronews.ca

VANCOUVER 2010 Games

About 8,000 people will gather nightly at LiveCity Yaletown, one of Vancouver's two free celebration sites, to watch Olympic highlights and party to bands such as Blue Rodeo and Wilco.

LiveCity Yaletown (at David Lam Park) is bound by more than two kilometres of fencing and is dominated by a massive stage, Vancouver House and sponsor tents.

The site opens to the public tomorrow at 4:30 p.m. for the arrival of the Olympic torch and the lighting of the community cauldron.

Entering the alcohol-free site, spectators must pass through security and metal detectors.

Paul Haagenson, president of Live Nation Canada, said the size and scope of the project is fantastic and will feature a broad palette of musical acts.

"If you're 14 ... or if you are 84, there is something for everybody," Haagenson said.

Joining Blue Rodeo and Wilco are Deadmau5, Dal Richards, Mariana Trench, Tigerstyle, Zapato Negro, Johnny Reid, Maddux Yahoo and Damian Marley.

In all, Haagenson wrangled 160 acts for the Yaletown site and its sister site, LiveCity Downtown (at Georgia and Cambie streets). The downtown site, which opens Saturday, will serve alcohol and will be more sports oriented.

In the evening, LiveCity Yaletown will broadcast the medal ceremonies on a pair of giant screens.

During the Games, it will be open daily from 11 a.m. to 11 p.m.

Vancouver House aims to generate millions

ECONOMY Vancouver hopes to attract tens of millions of dollars in new business during the Games in a tent with recycled carpets and drapes made from used street banners.

The city lifted the flaps yesterday on Vancouver House, which it hopes will "shine a spotlight" on the city's best and brightest green innovators and entrepreneurs, said Mayor Gregor Robertson.

"They will see that Vancouver means business — green business," he said.

The pavilion, located within LiveCity Yaletown, will host meetings with business leaders from 70 companies as part of the multi-city initiative, Metro Vancouver Commerce.

The program is modelled on an initiative from Sydney, Australia, that attracted $3 billion worth of investment in the eight years following its Games. Robertson said Metro Vancouver Commerce is working on a smaller scale than the Sydney program. JEFF HODSON/METRO VANCOUVER

Mayor Robertson gets up early to promote city, Games

TV While most of us were still warm and asleep in the pre-dawn dark yesterday morning, Mayor Gregor Robertson already had an interview with Matt Lauer for the Today Show under his belt.

Robertson was live on air at the International Broadcast Centre in downtown Vancouver by 4 a.m., the "widest-awake" he's ever been at that hour, he told Metro Vancouver.

"They have a great location," Robertson said. "Their backdrop is the mountains and Burrard Inlet. And it's great knowing that millions of people are getting to learn about Vancouver and see what our city is all about."

Robertson said Lauer was most interested in how the city is preparing for the Olympics, particularly how Cypress Mountain has handled the lack of snow.

"I wanted to let people know that we're ready for the Games, we're excited, and we're looking forward to people from all over the world coming to Vancouver." KRISTEN THOMPSON/METRO VANCOUVER

PHOTO COURTESY OF THE CITY OF VANCOUVER

Mayor Gregor Robertson, right, and host Matt Lauer at the taping of the Today Show in Vancouver yesterday.

There are hundreds of reasons to visit Taiwan. We've just added one more.

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*Contest period: January 12 to March 23, 2010. Round-trip ticket is from Vancouver to Taipei. Travel must be completed between May 1 and December 31, 2010. You are required to answer 2 skill questions. Some restrictions apply. Visit www.flyfree2taiwan.com for details.

Traffic starts to build on routes

BeatTheTraffic

Here we go! We are now starting to see bumper-to-bumper traffic along our alternate routes to the now-closed Dunsmuir and Georgia viaducts.

Hastings and Pender streets were so heavily congested yesterday that TransLink had to "short turn" some of their buses and complete routes using community shuttles.

I'm not sure if people are thinking that traffic has been light lately and are jumping in their cars again, but it's busy.

There are a lot more people already here for the Games, and that will only increase between now and the opening ceremonies Friday.

Translink is adjusting swiftly, though, and moving passengers well through clogged areas. Three SeaBuses are in service between 10 a.m. and 12:01 a.m. West Coast Express is also accommodating extra foot traffic by extending its service schedule. Longer SkyTrains and more buses are also helping.

Despite what people are saying, the Stadium SkyTrain Station will be open during the opening ceremonies dress rehearsal and the duration of the Games. For more information, check out translink.ca.

Watch Michel weekday mornings on Breakfast Television and her nightly Traffic Forecasts on Citytv, cable 13.

Reminder

- Today and Friday we lose the Cambie Street Bridge from noon to midnight for the opening ceremonies and dress rehearsal (sidewalk remains open to pedestrian traffic). Rolling road closures continue along the torch relay route until the torch reaches B.C. Place Friday.

Ottawa appealing B.C. court ruling on drug-injection site

INSITE As expected, the federal government is appealing to the Supreme Court that allows Vancouver's Supervised Injection Site to stay open despite breaking federal drug laws.

On Jan. 15, the B.C. Court of Appeal upheld a lower court ruling that said services provided at InSite are under the provincial jurisdiction, not federal jurisdiction, effectively allowing the site to operate indefinitely.

Mark Townsend, executive director of PHS Community Services, which runs InSite, said this latest appeal is a waste of taxpayers' money.

"The courts have now ruled twice in favour of InSite," said Townsend.

"Last time, they thought the feds were so out of line they made them pay all the costs ... There is overwhelming scientific proof that supervised injection sites work."

KRISTEN THOMPSON/
METRO VANCOUVER

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Whistler the site of swimsuit shoot for Sports Illustrated

Whistler is the scenic backdrop in one of the photo shoots for the 2010 Sports Illustrated swimsuit edition. The shoot features four scantily clad members of the U.S. women's ski team atop Whistler Mountain. METRO VANCOUVER

Joyful madness at Coke pavilion

Coca-Cola's Olympic pavilion is a madhouse of bubbly, cheering people, hard-hat-wearing contortionists and the occasional conga line.

The 8,600-square-foot red pavilion is one of a number of sponsor tents on the city's LiveCity Yaletown at David Lam Park.

The tour begins with a short recap of Coca-Cola's participation in the Olympic torch relay.

But then the madness breaks out — the door slides open and employees literally cheer as you enter.

Circus contortionists carrying clipboards and wearing white lab coats and red hard hats (they're happiness inspectors) fold themselves like origami.

A massive Coke-bottle monolith dominates the room. The curved roof is covered with moving images and bartenders hand out ice-cold Coke products across a bar that looks like it was carved from ice.

Visitors can have their photo taken with the torch or play a number of games.

Every once in a while, a conga line breaks out.

JEFF HODSON/ METRO VANCOUVER

JEFF HODSON/METRO VANCOUVER

Staff conga around a massive Coke bottle at the Coca-Cola Pavilion at LiveCity Yaletown.

Google Street View gets an Olympic update

ONLINE Google unveiled a handful of tools yesterday designed to bring the 2010 Games closer to fans around the world.

Google Street View has been updated with pictures of all Olympic venues, Whistler's streets and the Olympic mountains. Also 3-D models of the venues have been added to Google Earth. According to Jonathan Lister, managing director of Google Canada, part of the vision is to bring the mountains into people's homes.

"Our goal is really to help people connect. To bring the Games, the excitement, the emotion to everyone," said Lister.

The online toolbox also includes a website called google.com/games10, that contains event results, athlete profiles, schedules and medal counts in 40 languages.

For visitors to the city, Google maps will feature a special trip planner during the Olympics, with updated transit schedules and road closures taken into account.

STIG NIELSEN/ FOR METRO VANCOUVER

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Locally-trained peacekeepers to serve with RCMP
Saskatchewan First Nations will soon have locally-trained peacekeepers helping to make their communities safer. The Federation of Saskatchewan Indian Nations and the Saskatchewan Institute of Applied Science and Technology have created the Indigenous Peacekeeping Training Pilot Program. THE CANADIAN PRESS

Canada

Feds in talks to buy border bridge

Transport Canada confirms it has held talks with the owner of the Ambassador Bridge, which spans the Detroit River to connect Windsor, Ont., with Detroit. But a spokesman for Transport Minister John Baird says no offer has been made to buy the bridge from Manuel (Matty) Moroun. The federal government has purchased 38 hectares of land from the city of Windsor, at a cost of $34 million, to help build a new six-lane bridge down river from the Ambassador. THE CANADIAN PRESS

Williams was a rising star

The air force colonel charged with two murders and two sexual assaults this week was "calm, hard-working and dedicated" and his former boss considered him one of the military's best and brightest.

Col. Russell Williams, 46, of Tweed, Ont., was arrested Sunday in Ottawa. He's been charged with first-degree murder in the deaths of two women and with the sexual assaults of two others. Williams was "very intelligent, very mature, very calm, hardworking and dedicated — which is exactly why we selected him to be a wing commander," said retired lieutenant-general Angus Watt, the former air force chief who appointed Williams to his last military job.

"He had the potential to go far. He was selected both on his performance and his potential."

Williams was amassing all the right stuff in his resume to pave the way to bigger and better things, including Watt's old job.

He received a degree in economics and political science from the University of Toronto, and a master's in defence studies from Royal Military College.

Williams was a flight instructor in Moose Jaw, served at Canadian Forces Base Shearwater in Nova Scotia and spent most of the 1990s in Ottawa, where he was a pilot to the prime minister and Governor General before Watt handed him command of the country's largest air force base, Canadian Forces Base Trenton in eastern Ontario. THE CANADIAN PRESS

THE CANADIAN PRESS/HO-DND

Col. Russ Williams, right, lays a wreath at a Remembrance Day ceremony in Trenton, Ont. in this Nov. 11, 2009 National Defence handout photo.

News in brief

HAITI CRISIS Canada's minister of international co-operation wants aid groups working in Haiti to prepare for the next phase of the relief effort: The rainy season. At a meeting of the international Red Cross in Montreal, Bev Oda said yesterday that organizations will need to focus on longer-term reconstruction projects. Shelter is a key concern. Heavy rains have already hit parts of the country. THE CANADIAN PRESS

MORE COVERAGE, PAGE 7

Own The Podium seeks more funds

VANCOUVER 2010 Games

SPORTS The federal government says it will maintain its funding of Own The Podium beyond the 2010 Winter Olympics, but will not commit to spending more money on the program.

Own The Podium is the $117-million, five-year strategy for Canada to win more medals than any other country at the Vancouver Olympics.

It was paid for with $66 million in taxpayer dollars. The Vancouver organizing committee, known as VANOC, covered most of the remainder with corporate sponsorship money.

Minister of State Gary Lunn says the federal government will continue to fund both summer and winter sport at $47 million per year. THE CANADIAN PRESS

m.metronews.ca

Will Canada actually 'own the podium' if it wins the most medals? It depends on who you ask. Scan this code for the story.

MLA resigns in spending scandal

NOVA SCOTIA A member of the Nova Scotia legislature who became a central figure in a spending allowance scandal has resigned his seat.

The Conservative party says Richard Hurlburt resigned his seat for the riding of Yarmouth yesterday.

"Richard Hurlburt has served this province, and more importantly, the people of Yarmouth passionately over the past 10 years," interim Tory Leader Karen Casey said in a statement.

"I am hopeful that the people of Yarmouth will remember that."

A report by the province's auditor general showed the former Conservative cabinet minister spent $7,995 to buy a generator and also charged taxpayers $2,499 for a 40-inch TV and $579 for installing it. THE CANADIAN PRESS

Montreal men missing

Montreal police are on the lookout for a car belonging to one of two young men who vanished mysteriously on Feb. 3. Quebecers Vincent Lamoureux, 20, and Hugo Pereira, 22, were last seen in a bar in Montreal's trendy Plateau neighbourhood. THE CANADIAN PRESS

Record deficit for Alberta

Alberta's Progressive Conservative government plans to run a record deficit and deplete its savings in a budget without the deep spending cuts that fiscal hawks have been screeching for.

The budget includes about $1.3 billion in cuts to many departments, but those savings are being redirected to key areas such as health and education instead of to the bottom line.

There are no tax increases, but up to 250 people could lose their jobs in the first government layoffs in more than a decade.

Finance Minister Ted Morton said he is not happy the budget includes a $4.7-billion deficit, but is confident his overall financial plan will help Alberta be back in the black by 2012.

THE CANADIAN PRESS

Budget highlights

- Record deficit of $4.7 billion.
- 250 civil service layoffs in several departments.
- 5.6 per cent increase in operating expenses; largest increase for health care.
- 4.6 per cent increase for education, including larger grants to schools.
- $20 billion in new schools, roads and hospitals to be built over three years.

Stuck **Not the Bahamas**

THE CANADIAN PRESS/CLEMENT ALLARD

The Bahamian-flagged Algoma Discovery ran aground yesterday on the St. Lawrence River near Quebec City. The ship was expected to be freed by high tide later in the day.

Union chief calls for rescue chopper

INQUIRY Brian Murphy, vice-president of the union representing most offshore oil workers in Newfoundland, told an inquiry in St. John's yesterday that any chopper that turns back to shore for technical problems should be considered a "potential ditching" that triggers a search and rescue response. He also called for a 24-hour search and rescue chopper to be based in St. John's.

THE CANADIAN PRESS

Backless is so last season
The British government is getting behind a plan to replace drafty open-backed hospital gowns with versions that preserve patients' modesty. THE ASSOCIATED PRESS

World

Hospitals that charge will be cut off: UN

The United Nations has warned that it will cut off shipments of free medicine beginning immediately to any Haitian hospitals that it finds are charging patients.

When the catastrophic earthquake struck Jan. 12, authorities immediately decided to make all medical care free. More than 200 international medical relief groups have sent in teams to help, and millions of dollars of donated medicine has been flown in.

UN officials told The Associated Press that about a dozen hospitals — both public and private — have begun charging patients for medicine. The officials said they could not immediately provide the names of the hospitals but said they were in several parts of the country, including Port-au-Prince.

Haiti Crisis

UN workers and quake survivors were also keeping one eye on the sky. There's been no significant rain since the disaster, but everyone knows that won't last.

The rainy season in Haiti is deadly even in a good year. Now, in a devastated capital city, the early spring rains threaten to cause landslides and bring about health problems in the makeshift camps where more than 500,000 people are living.

"There will be health concerns," said engineer Mario Nicoleau of the U.S. Agency for International Development.

Haiti's government said it needs more money or tents if people are to be moved.

"We are going to have a big problem when the rainy season starts," said Interior Minister Paul Antoine Bien-Aime. "We don't have $60 million to buy 100,000 tents." THE ASSOCIATED PRESS

Washington **Hands-on response to Palin**

CHARLES DHARAPAK/THE ASSOCIATED PRESS

White House Press Secretary Robert Gibbs shoots back at former U.S. vice-presidential candidate Sarah Palin yesterday, holding out his hand to show the media he has written down "eggs, milk, hope," and "change" (inset). In a speech Saturday, Palin criticized U.S. President Barack Obama for using teleprompters before being spotted with hand-notes of her own.

News in brief

AFGHANISTAN U.S. and Afghan forces pushed yesterday to the edge of the southern Afghan town of Marjah. THE ASSOCIATED PRESS

m.metronews.ca

Fearful that Barack Obama's health care olive branch is a trap, Republican doubts may leave them vulnerable. Scan this code for the story.

Man jailed five years for questioning construction

CHINA An activist who investigated the deaths of thousands of children crushed in their schools during the 2008 Sichuan earthquake was sentenced yesterday to five years, underscoring the government's determination to suppress questions about why the buildings fell. Tan Zuoren, 56, was convicted of inciting subversion of state power and handed the maximum sentence of five years' in prison.

Tan and others have raised the possibility that shoddy construction — possibly fostered by corrupt officials who failed to enforce building codes — caused some schools to collapse in the quake while buildings nearby remained intact. THE ASSOCIATED PRESS

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Modified eggplant needs more work
India halted the release of the world's first genetically modified eggplant yesterday, saying further study needed to be done to guarantee consumer safety before it could be cultivated in the country. ASSOCIATED PRESS

Parliament dissolved

Move follows arrest of Sri Lankan opposition leader

Sri Lanka's president dissolved parliament yesterday to make way for spring elections a day after authorities arrested a key opposition leader, crippling the only serious threat to the ruling party's stifling grip on power.

President Mahinda Rajapaksa's decision follows his sweeping victory at the polls last month over his former army chief Gen. Sarath Fonseka, who had defected to the opposition after helping to end the country's quarter-century civil war. Fonseka was arrested on Monday on sedition charges.

If last month's presidential poll is anything to go by, the upcoming parliamentary contest will be another bitter race between the government and the opposition, which says it is being harassed and hounded. Human rights groups have echoed those accusations.

Fonseka's arrest will likely serve as a warning to others who might seek to challenge the ruling party's effort to cement its grip on power in the parliamentary poll. Rajapaksa's ruling coalition is hoping to secure a two-thirds majority in the legislature, giving them virtually unfettered control of this island nation, off the southern tip of India. Media rights groups rank Sri Lanka among the most dangerous places in the world for dissenting journalists.

"They did not want (Fonseka) to be in the campaign as some sort of a magnet for the opposition," said Paikiasothy Saravanamuttu, executive director of the Center for Policy Alternatives, a local public policy group.

An aide to the president said the poll will be held the first week in April.

THE ASSOCIATED PRESS

MPs win Parliamentary race

OLI SCARFF/GETTY IMAGES

The BBC's Reeta Chakrabarti leads a legislator during the annual pancake race between parliamentarians and journalists in London, England. This year the MPs won.

D.C. snowed under again

STORM The second major snowstorm in less than a week was blowing yesterday toward the Washington, D.C. area, where federal government offices were closed for a second day and utility workers struggled to restore power knocked out by a weekend blizzard. The storm was expected to leave as much as 50 centimetres of new snow in Washington.

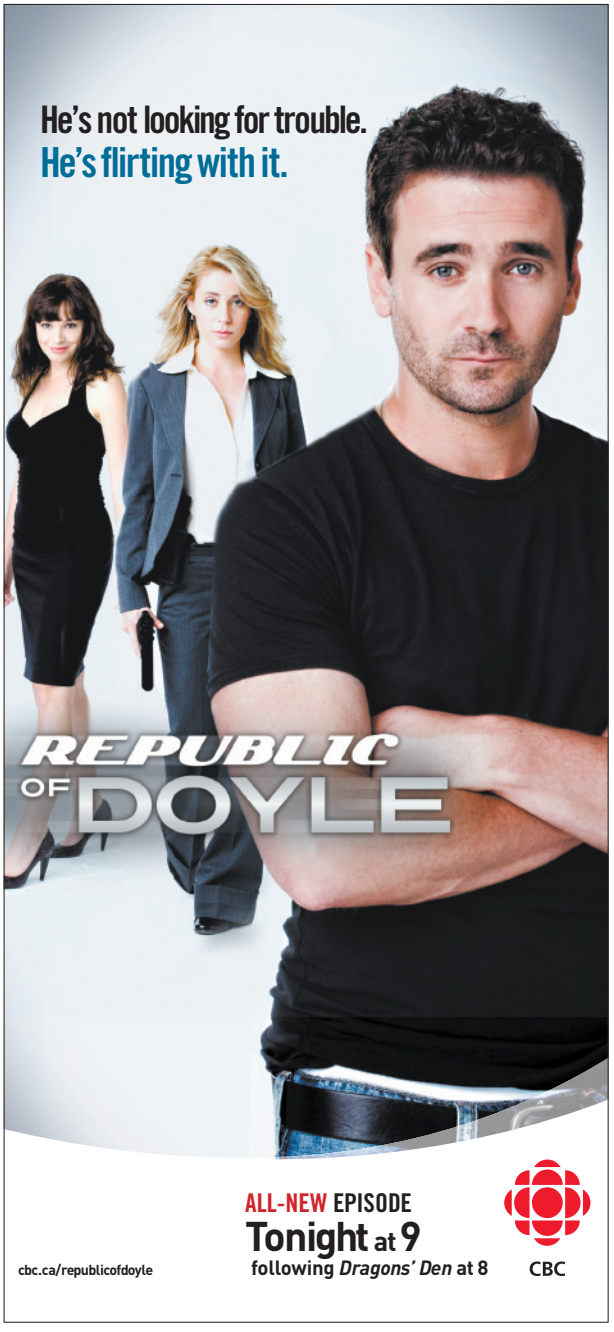
THE ASSOCIATED PRESS

Stuck elevator led to shutdown of Dubai tower

STORM The world's tallest tower, opened in Dubai just a month ago, was shut down to visitors Saturday after an elevator to the observation deck became stuck between floors and the 15 people inside had to be rescued.

The cause of the problem remains unclear.

THE ASSOCIATED PRESS



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Comment

5 reasons to suspend your 'belief'

TheWestView

With three days to go, the Olympic propaganda machine is popping more than a few bolts to get everyone to "Believe."

"Believe" means something like: Forget these Games are billions over budget and will put B.C. in a deep hole for generations. Concentrate instead on winning the gold medal in hockey, and make all the bad feelings go away.

Looking back, it's hard not to believe Vancouver would have been better off if the Games had gone to PyeongChang, South Korea, after all.

In honour of the Olympic rings, here are five reasons to believe in PyeongChang:

5 The Olympic mascots are endangered or non-existent species. Miga is a cross between an Orca and a Kermode bear, one threatened, the other rare; Sumi is a non-entity, Quatchi is a variation on the quasi-mythical Sasquatch, and Mukmuk, the only "real" animal in the menagerie (only a sidekick to boot), is a near-extinct Vancouver Island marmot. Somehow this says it all.

4 The Games will cost at least $6 billion. But, we're asked to believe, the net economic benefit of the Games will be $10 billion. If you believe that, would you like to buy one of these cute, cuddly Sasquatches? And speaking of legacies, what are we going to do with a $104.9 million toboggan slide?

3 The entire world now knows our dirty little secret: The best city on earth has one of the poorest neighbourhoods on earth — the Downtown Eastside. Imagine what it would look like if we spent $6 billion on housing the homeless, treating the addicted and providing care for the kids.

2 Why hold the Winter Olympics where there's no winter? Vancouver is the warmest venue ever for the Winter Games, with an average February temperature of five degrees. So they're trucking in snow from the interior and dumping it on the daffodils of Cypress Bowl. What's wrong with this picture?

1 What does it avail a city to own the podium and lose its soul? Vancouver is a billion dollar police state: Surveillance cameras; dissenters turned away at the border in violation of the Charter of Rights. This is our home, and instead of "believing," we should spend a minute and actually think about what we've given up … and what we get in return.

Do you believe in Vancouver 2010? Share your views at: metronews.ca/thewestview

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: Do you think the Own the Podium program will result in Canada leading the Winter Olympic medal count for the first time?

Noel Ramirez
Surrey
A: Yes definitely. They can just think about their sport when they don't have to work and support themselves.

Christina Cheong
Vancouver
A: I think that having sponsorships from the Canadian government to the athletes is definitely a plus … we believe.

Nancy Read
Port Coquitlam
A: Yes I do. Hopefully it has given them the time to concentrate on training and what they need to do as opposed to worrying.

April Aylward
Halifax
A: I think we have an awesome chance of being first place. We have enough spirit at least that we should get it.

Alex Krewiak
Calgary
A: I think it's better than nothing, but we could be doing more to help out our athletes.

Nina Tavakoli
Toronto
A: I don't know if they should be spending all this money when there are things going on in Haiti … Maybe it will make a difference, but … for what?

MICHAEL DE ADDER

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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By the numbers

According to the 20th annual RBC RRSP poll, half of Canadians (54 per cent) expect their pensions — whether a pension from an employer (29 per cent) or a government pension (25 per cent) — to be the single, largest source of income in retirement. METRO NEWS SERVICES

RRSP Guide

Don't forget

The deadline for making contributions to your Registered Retirement Savings Plan (RRSP) for the 2009 tax year is March 1, 2010. That means you only have 19 days left!

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

What's your investing strategy?

Consider age, marital status when deciding on financial goals, experts suggest

RAFAEL BRUSILOW
for Metro Canada

Smart investing is crucial at any age and marital status, though your goals and strategies are going to be different along the way.

Tom Hamza, president of the Investor Education Fund, says for most people age is an important indicator of where their financial goals are aimed and you'll want to increase the number of income-generating investments you hold as you get older.

"There are life stages and your investment portfolio should always match the stage of life you're in. A great rule of thumb is that the fixed-income part of your portfolio should equal your age — that's something that should consistently change," he said.

Young investors should pay off their debts first in order to free up income for investing, while older ones should focus on protecting their capital.

"For young people, if you have outstanding debts like student loans or credit card debt, tackle those first. Make sure your house is in order first, then focus on paying ahead. As you get older, you'll want to reduce risk and have more sources of reliable income," Hamza said.

Christine Van Cauwenberghe, director of tax and estate planning at Investors Group, says seniors and retirees need to take special care to navigate the tax system because maximizing the use of their saved money is paramount at that stage in their lives. Seniors should speak with an investment adviser to figure out how to arrange their financial situation to make sure they pay as little tax as possible while still drawing a comfortable income.

Your portfolio should match the life stage you're in, experts say.

"For seniors, it's very important to minimize your net income. If you just rearrange a few things, you can often save a lot of money," Van Cauwenberghe said.

For couples, Van Cauwenberghe says marriage or a common-law situation can offer a wealth of investment boosts, such as pension income splitting and spousal RRSPs, but it can also create new challenges so make sure you speak with an expert.

Hamza says for couples where one person earns significantly more than the other, options exist to split income away from the higher earner to the lower one, lowering taxes in the process.

"You want to make sure the higher income earner pays fewer taxes," he said.

No matter what your age or marital status, however, don't treat your tax return as a spending bonus — if possible, reinvest it instead.

"For many people, it will make sense to take that tax return and apply it to other investments to get more bang for your buck — don't just use it as spending money," Hamza said.

Next week's lineup

SPOUSAL RRSPS For advice from the experts on how to make the most of your spousal RRSP, pick up Metro's next RRSP Guide on Feb. 17.

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Common errors avoidable, advisers say

JON TATTRIE
for Metro Canada

"Time in the market is more important than timing the market." Jason Schella, BMO

With the pressure mounting to sock away money in an RRSP, people run the risk of making common errors in self-directed accounts, experts say.

Jason Schella, the Bank of Montreal's regional sales manager for Atlantic Canada, says the most common mistake is investing without an overall financial plan.

"How can I do the right investing if I don't know exactly where I have to get to?" he says when reached by cellphone en route from Fredericton to Halifax. Identify your financial destination before plotting the map, he urges.

One common mistake is investing without an overall financial plan, experts say. It's difficult to grow your money if you don't have goals in mind.

A second error is buying high and selling low — the opposite of what you'd want to do. When a stock is hot, people snatch it up. When it's falling, they drop it. A savvy investor will plug wax in his ears and ignore the siren song of hot or cold tips.

"Time in the market is more important than timing the market," Schella advises.

In the land of Earl Jones Ponzi schemes, Schella says it's safest to stick with big-name financial institutions if you use a financial adviser.

"(The bank) is still going to be there, even if one of the individuals wants to go to the Caribbean," he jokes.

David Shymko, an investment counsellor at Vancouver's Macdonald, Shymko & Company, says a common mistake is investing for too long a term in government or corporate bonds.

"If there's an expectation for inflation, those bonds will go down in value," Shymko says. "There is capital risk associated with investing too long when the expectation of interest is rising."

If you're going to go with speculative stocks, hold them personally, not in your RRSP. They regularly fluctuate and when you have a loss in an RRSP, it's forever, he says.

"There's no way you can get any tax savings for a capital loss in an RRSP."

Another problem he sees is people opening too many accounts as they chase the best deal each year.

"They get this whole mishmash of accounts and they're often paying an annual fee for each account," Shymko explains. Consolidate to one or two accounts.

Some people even wind up with too large an RRSP. Because the tax-shielded money has to come out eventually, investors may find themselves "stuck in the highest tax rate forever."

Keep an eye on your final financial destination to avoid that.

Finally, Shymko warns RRSPs aren't the best plan for everyone. Workers in a low tax bracket may do better with a tax-free savings account (TFSA).

By the numbers
According to the 20th annual RBC RRSP poll, 68 per cent of Canadians feel having enough money for a comfortable retirement is the most important consideration when retiring. METRO NEWS SERVICES

Borrowing to invest an option

ROBYN YOUNG
for Metro Canada

One way to maximize your RRSP contributions is to get an RRSP loan, but professionals in the industry warn this is not for everyone.

One way to maximize your RRSP contributions is to get an RRSP loan — but this option may not be for everyone, experts warn.

"It all depends on your tax rate, your expected rate of return and how fast you're going to pay off the loan," said Jamie Golombek, CIBC's managing director of tax and estate planning.

When you borrow to put money into an RRSP, the interest on the loan is not tax deductible, so it can become quite expensive, he said.

You may end up paying more interest to the loan than you'll make on the RRSP, especially if it's in a daily interest account or GIC.

"But if you have a higher rate of return (on the RRSP), then it may make some sense," he said.

Kevin Cork, certified financial planner based in Calgary, says if you're considering a loan to contribute, think about your saving style.

"For some people, getting an RRSP loan isn't really the ideal system because there's always going to be debt to the loan," he said.

For others, who are better at paying down debt than saving, it's a viable option.

It's all about carrots and sticks, he said.

"They need that stick of the fact that they owe this money," he said.

If you decide to get a loan to contribute, Susan Howe, regional financial planning consultant with RBC, says go for a line of credit or apply for an RRSP loan, which is specifically designed for contributing to your RRSP and will likely have favourable interest rate terms.

Whichever way you decide to go, Howe said it's imperative to ensure you have the means to carry the loan debt.

"The key is that you have to have the available cash flow to support those payments."
Susan Howe, RBC

"The key is that you have to have the available cashflow to support those payments in view of whatever else might be going on in your financial picture," she said.

Alim Dhanji, certified financial planner with Assante Financial Management in Vancouver, recommends anyone considering borrowing to contribute to their RRSP proceed with caution.

"If you can pay the loan back right away, then I am OK with it," he said. "Otherwise, I generally don't like people getting behind and always borrowing to catch up."

Rather than paying off debt, Dhanji recommends setting up monthly contributions to an RRSP because it creates good habits.

Avoid rushed decisions, not your RSPs.

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Money manager triples its earnings

Higher performance fees boosted Integrated Asset Management Corp.'s first-quarter revenues and helped triple its earnings, the money manager said yesterday. The Toronto-based company booked net income of $1.6 million or six cents a share. THE CANADIAN PRESS

Business

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More Toyota recalls

Prius, Lexus could also have braking problems

The dent in Toyota's reputation deepened yesterday when the reeling auto giant announced two more recalls to eliminate the possibility of momentarily failing brakes in hybrids and leaking brake tubes in another model.

Toyota Canada said the company would conduct a voluntary safety recall on the 2010 flagship hybrid, the Prius, and the Lexus HS 250h sedan to "update" software in the anti-lock brake system so it would get rid of an inconsistent brake feel that has alarmed some drivers.

Toyota also disclosed that it would launch a recall on some 2010 Camry models to inspect conditions that could trigger a brake fluid leak and increase stopping distances for motorists.

The company will send notices to 3,582 owners of Prius and HS250h hybrids and 393 drivers of the early-production, four-cylinder Camry models for free repairs and inspections.

Although the latest recalls don't involve a high number of cars, they mark the third and fourth time that Toyota has sent notices for repairs in less than three months.

TORSTAR NEWS SERVICE

Reputation hit, but not totalled: Poll

- A Canadian Press-Harris Decima survey shows almost three in 10 Canadians would think twice about buying a Toyota following the world-wide recall over faulty gas pedals.
- At the same time, 56 per cent still retain a positive impression of Toyota products and 69 per cent believe the firm has done a good job of reacting to the problem.

m.metronews.ca

ScanLife

As Toyota wears an apologetic public face, its lawyers work the halls of Congress to salvage their reputation. Scan this code for the story.

Profits up $190.3M at Molson Coors

BEER Three new beers and this weekend's Olympic launch of a new Molson Canadian ad campaign should help Molson Coors Brewing to begin offsetting a decade of deterioration, the company's chief executive said yesterday.

Peter Swinburn said Molson's strategy is to attract more sales by adding new brands. Last fall's introduction of M, Canadian 67 and Rickard's Dark has already helped to stem the economic downturn's impact on sales, he said.

The brewer earned $222.1 million US, or $1.19 per share in the quarter — up from $93.7 million in last year's fourth quarter. Without one-time items, the company earned $190.3 million.

Worldwide volume sold fell four per cent as people cut back on purchases. Still, higher prices helped drive an 11 per cent rise in net sales to $820.8 million, up from $739.2 million a year ago.

PAUL SAKUMA/THE ASSOCIATED PRESS

Molson Coors' fourth-quarter profit more than doubled.

THE CANADIAN PRESS

IT IS ALL ABOUT L♥VE THIS THURSDAY!

Love is a great thing and Metro will be celebrating it with our readers worldwide. This whole week we'll be featuring stories revolving around the theme of LOVE.

Valentine's Day Metro special - out this Thursday

We'd also like to hear from you! Send us your message to your sweetheart and a picture together, and we'll run the best ones in our Friday edition.

We will accept submissions to vancouverletters@metronews.ca or on Twitter @vancouvermetro

metro

Lions ink Delta native

The B.C. Lions added some homegrown talent yesterday. The team announced it has signed veteran defensive back Davis Sanchez to a contract. The native of Delta is a nine-year CFL veteran and spent the last four seasons with the Montreal Alouettes. THE CANADIAN PRESS

Sports

Peppers cools on long-term deal

Julius Peppers, left, no longer wants a long-term contract with Carolina, saying the Panthers have ignored him this off-season. In an interview aired yesterday morning on Charlotte radio station WFNZ-AM, the five-time Pro Bowl defensive end indicated he's irritated by the team's "silence" and has changed his stance on whether he wants to continue his career in Carolina. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Fans should love Raymond

Once-overlooked player showing plenty of potential

TheHockeyNews

Alexandre Burrows is usually the first player Canucks fans and followers think of when the topic of unlikely NHLers is broached. Burrows is a front-line star on one of the NHL's top units right now, but seven years ago his rights hadn't been picked up by anyone until Vancouver's American League affiliate signed the agitator in October.

However, there's another rising star on Vancouver's second line who at one point was overlooked by every single squad.

Mason Raymond, who I've been drooling over this season since the first few games had been played — even though he recorded only one point through his first nine games — went undrafted as a bantam into the Western League and then again as a college kid hoping for a shot at the NHL. He was less than three months shy of his 20th birthday when the Canucks grabbed him in the second round from Minnesota-Duluth.

He scored nine goals in 49 games, then 11 in 72 to start his career and lacked the necessary tools needed to be a consistent scorer. But the one obvious trait he owned in spades, his speed, was sitting there waiting to be built around.

Having lightning-quick legs doesn't automatically translate into success at the NHL level, even in the new structure. You look at a guy like Matt Lombardi who can hang with any quickster, but at 27, he's failed to live up to the hype that kind of standout skill attracts.

The difference with Raymond, however, is that he takes his game to the net, using his speed for positioning and his smarts to deliver a scoring opportunity.

And even though he's advanced greatly in this part of his game, he still recognizes he has work to do.

"I still wish I could do it more, I don't do it enough." Raymond said. "Today's NHL, that's where goals are scored. Anytime you get to the net, good things are going to happen — it's kind of a win-win. You're going to get a good scoring chance or you're going to get pulled down and there's going to be a penalty on the play."

Raymond, along with linemates Ryan Kesler and Mikael Samuelsson, has filled the second-line void that stung the team in their Stanley Cup drive last season. No matter how well the Sedins have played this year, it's the second unit that will allow GM Mike Gillis to focus more on fine-tuning than soul-searching at this year's deadline.

And it's Raymond who allows Canucks fans some genuine underdog excitement for not only this season, but for years to come as the 24-year-old, self-proclaimed "late-bloomer" continues to refine his skill set and discover the fruits it can bear.

Mason Raymond

The Hockey News thn.com

St. Louis sinks Canucks

NHL RESULTS

Canucks 1 Lightning 3

VS

Martin St. Louis scored two third-period goals as the Tampa Bay Lightning beat the Vancouver Canucks 3-1 last night.

Steven Stamkos added a goal and an assist for the Lightning, who have won four in a row for the first time since November 2007. Antero Niittymaki improved to 7-0-1 over his last eight starts in goal.

St. Louis also had an assist and has a seven-game points streak (seven goals, four assists).

Vancouver got a goal from Ryan Kesler. The Canucks are 2-3 on the first leg of an NHL-record 14-game road trip.

Tampa Bay took a 2-1 lead on St. Louis' shorthanded goal from the slot at 2:52 of the third. St. Louis scored his 20th goal to make it 3-1 with 4:20 remaining.

Stamkos put the Lightning up 1-0 with a power-play goal eight minutes into the first. The centre has eight goals and eight assists during a 10-game points streak.

Kesler tied it 1-1 during a power play with 6.3 seconds left in the second.

THE ASSOCIATED PRESS

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SCOREBOARD

NBA

YESTERDAY'S RESULTS

Atlanta 108 Memphis 94
Charlotte 94 Washington 92
Chicago 109 Indiana 101
Cleveland 104 New Jersey 97
Denver 127 Dallas 91
Detroit 93 Milwaukee 81
Miami 99 Houston 66
Philadelphia 119 Minnesota 97
Sacramento 118 New York 114 (OT)
Oklahoma City 89 Portland 77
Utah 109 L.A. Clippers 99

NHL

YESTERDAY'S RESULTS

Ottawa 3 Calgary 2
Tampa Bay 3 VANCOUVER 1
Carolina 4 Florida 1
Chicago 4 Dallas 3 (SO)
N.Y. Islanders 4 Nashville 3 (SO)
Boston 3 Buffalo 2 (SO)
St. Louis 4 Detroit 3 (SO)

METRO HOCKEY POOL STANDINGS*

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NAME	LOCATION	GP	G	A	PTS
1. Brian B	AB, CA	839	361	496	857
2. Jonathon Gremsperger	BC, CA	840	357	491	848
3. Shawn Tschritter	AB, CA	838	345	497	842
4. Christian Gagnon	NB, CA	795	341	495	836
5. Stephanie Warren	NS, CA	818	349	480	829
6. Joanne Doiron	NB, CA	793	335	490	825
6.Kyle Turk	NS, CA	845	356	469	825
8. Bernie Horton	ON, CA	783	342	476	818
8. Grant Greenfield	AB, CA	807	367	451	818
10. Jean-Paul Osborne	QC, CA	833	333	483	816
10. Steve Ferguson	ON, CA	827	342	474	816
12. Jordan Camponi	AB, CA	796	326	489	815
13. Blaine Schlechter	AB, CA	806	332	479	811
14. Paula Almeida-Stille		829	341	469	810
14. Stephen Stille	ON, CA	829	341	469	810

** Results exclude Quebec*

markerzone.com metro

Court victory for Australian bobsledders

Australia's two-woman bobsled team may compete at the Vancouver Olympics after winning its appeal yesterday before the top sports court. The Court of Arbitration for Sport ruled the international bobsled federation did not apply its qualification rules properly. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Boot camp put team to the test

Canadian women spent 24 gruelling days in Dawson Creek, B.C., last spring

Carla MacLeod's eyes filled with tears at the thought of one more session in the weight room. Beckie Kellar had to overcome her fear of bears. Jayna Hefford thought "What am I doing here?"

Whatever the Olympic Games throw at the Canadian women's hockey team now that they've arrived in Vancouver, nothing will be harder than the month they spent together near Dawson Creek, B.C., last spring.

Boot camp, as it is not-so-fondly called, tested the women physically and mentally for 24 days in May and June. In the process, they pushed past their limits and helped their teammates get past theirs.

When the players reconvened in Calgary in August to begin full-time training, they already had a strong base of trust and fitness to build on.

"They learned how to work through a lot of different things and things we might still be working through right now had we not done that," head coach Melody Davidson says.

Days that started at 7 a.m. and ended at 9 p.m. laid the foundation for physical and mental toughness that the players must draw on now that their final and biggest test is upon them. The Canadian women open the Olympic tournament Saturday against Slovakia at Thunderbird Arena.

Running, rock climbing, kickboxing, yoga, weight sessions, triathlons, in addition to on-ice drills, kept the Canadian women on the go from morning until night. Toward the end of boot camp, they rode their bikes 35 kilometres into the mountains, hiked up one and back down before making the return trip on their bikes.

"It's neat as a person to see how far you can go and how do you react when you are in your low of lows."
Carla MacLeod

Exhaustion would eventually hit. The players had to find reserves they didn't think they had to continue. They also learned to recognize when teammates were struggling and what help they needed.

"We call it hitting the wall. You just bonked," MacLeod says. "In the 30 days, I probably hit a wall three different times, where I just wondered 'what is going on? This is crazy.'

"I think that's why it is such great team bonding. All of that's important. It's testing your limits. It's neat as a person to see how far you can go and how do you react when you are in your low of lows. Do you yell? Or do you retreat?"

Boot camp has become standard for Canada's Olympic women's hockey teams since they held one in Valcartier, Que., prior to the 2002 Games.

Carla MacLeod

THE CANADIAN PRESS

Games in brief

HOCKEY Ryan Getzlaf is still planning to join Team Canada. An MRI on his sprained left ankle yesterday showed no significant ligament damage, leaving the Anaheim Ducks centre hopeful that he can still compete in the Olympics. Getzlaf left Monday's game against the Los Angeles Kings and is currently listed as day-to-day.

THE CANADIAN PRESS

Sponsor offers rich reward for luge gold

CASH After years of slumming it, Canada's Olympic luge team has a chance to move into sport's high-rent neighbourhood.

An Alberta sponsor has offered a $1-million prize to any Canadian luger who wins a gold medal at the Winter Olympics.

"That's huge for us to be offered that sort of thing," Calgary's Alex Gough said yesterday, a few moments after learning about the golden carrot.

Sam Edney said the offer shows the potential of Canada's luge team.

"A year ago we had no title sponsor," said the Calgary resident, who is considered a threat in the men's event. "Now we've got a group of people that believe in us so much they are willing to put that kind of money on the line."

The cash is being put up by Fast Track Group, a company which bills itself as a financial education specialist.

"I guess I'm blessed financially and I wanted to share," company founder Darren Weeks said in a telephone interview from St. Albert, Alta.

The million-dollar prize would be split between the athlete and the Canadian Luge Association. There is only the single million-dollar windfall, so if athletes win more than one gold, they'll have to divide the money among themselves.

The company is also offering $50,000 for each silver and bronze medal. There will be a $5,000 reward for the top Canadian in men's and women's singles and doubles. The athletes can pocket all the cash.

The offer is not only for the Vancouver Games, but stands for the 2014 Winter Olympics.

THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS

Calgary's Alex Gough competes during women's World Cup luge in Calgary on Nov. 21. A Canadian luge gold medal will be worth $1 million, thanks to a team sponsor.

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B.C. reduces capital allowance for NWCC

British Columbia-based Northwest Community College's annual capital allowance will be reduced by 74 per cent, according to a community update from college president Stephanie Forsyth. As well, B.C.'s College of New Caledonia will see its annual capital allowance reduced next year, resulting in more than $1 million in cuts. METRO NEWS SERVICES

Workology

Ottawa ends FNUC support

Federal Indian Affairs and Northern Development Minister Chuck Strahl announced yesterday that after assessing the long-term sustainability of the First Nations University of Canada, his department will not renew its current funding to the institution, effective March 31. The decision follows the Saskatchewan government's move to end its funding to FNUC, which will take effect April 1. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

A Valentine's song especially for you

Valentine's**Day**

JON TATTRIE
for Metro Canada

Earning a living as a full-time musician can be a tough gig, so it's no wonder Halifax singer Ryan MacGrath can be yours for a song — literally. MacGrath auctioned off the composition of an original love song for Valentine's Day.

Bidding was fierce at Ryanmacgrath.com and even after the winner was announced, a second would-be Romeo hired MacGrath to write him a birthday gift. MacGrath will now write a song based on the winner's own love story and create an original painting for the CD case.

He said the idea came when he had some down time before his full-length debut album Cooper Hatch Paris drops in May.

"I like the challenge. I like the notion of going outside of myself and ultimately having to write something more universal," he explained. "When I'm writing my own songs, it tends to be very personal. Something like this, it gets me out of my own head and my own fear and forces me to think in a broader way."

He's done commissioned songs in the past and is he's eager to do more. He can be hired via his website.

"I love the idea of having the audience contribute to the music they will ultimately listen to," he said.

SCOTT BLACKBURN PHOTO

Musician Ryan MacGrath auctioned off a song for one lucky couple this Valentine's Day.

The song was bought for a mere $200 by Halifax businessman Michael Christie. He met with MacGrath early this month to give him the raw materials to turn into tune by Valentine's Day. Christie had seen MacGrath perform before and loved his Rufus Wainwright-esque songs.

MacGrath will write about Christie's romance with Nicholas, his husband of three years. Their first Valentine's Day eight years ago set the bar low, with Nicholas offering Michael a hotdog-shaped card.

"It was the tackiest Valentine's card you could possibly find. It looked like something Homer Simpson would buy," Michael Christie said. "Maybe this year we'll be inspired to at least listen to the song and have a nice glass of wine."

Always the businessman, Christie hopes it'll accrue in value. "Maybe one day when he's successful, I'll have a very early song that was commissioned just for me," he said. If not, it'll surely appreciate in sentimental value. Christie imagines coming across the CD 40 years from now. "After we figure out how to play it, we'll be like, 'Hey, it's that song!'"

"When I'm writing my own songs, it tends to be very personal. (Writing for others) gets me out of my own head and ... forces me to think in a broader way."
Ryan MacGrath

Oft-asked workplace questions answered

WorkplaceLaw

Criticism is a must in the world we live. This is as true at work as it is in life, except that in workplace law there is always an exception. Here is a sampling of some of the questions readers of this column frequently ask and the answers I often provide.

Performance appraisals

When assessing merit, your appraisals matter. When assessing severance, they are generally irrelevant. This is because poor performance is rarely cause for dismissal. Similarly, there is no such concept as "near cause," which means there should be no correlation between your level of performance and the quantum of severance you will ultimately receive. Therefore, if you are fired and it relates to performance, you should receive the same severance as if it did not.

Letters of reference

Employees often think they are entitled to a reference. They are mistaken. There is no right to a letter of reference, no matter how long or meritorious your service.

Restrictive covenants

Despite agreeing to non-compete agreements, very few employees are later held to them, no matter how appropriately the clause was drafted. Non-solicitation clauses, however, are a different story. Courts have consistently upheld agreements not to solicit former clients or employees after departure, despite how important you may or may not have been.

Employment contracts

If there is a written contract, it has to meet a number of tests. The employee must, at least, be given the opportunity to negotiate or those terms that are punitive may not be enforced later on. This rule also applies during the course of employment, except that something of greater value must also be offered, such as a raise or a promotion. Otherwise, the courts have reasoned, an employer could unilaterally impose new terms, and an employee would be left without the leverage to negotiate or refuse.

Daniel A. Lublin is an employment lawyer with Whitten & Lublin LLP. Reach him at dan@toronto-employmentlawyer.com.

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Enrolment boom at NIC

North Island College reports that January registrations at the institution are up 19 per cent compared to figures from the same time last year, while the number of students has risen by 13 per cent. METRO NEWS SERVICES

Workology in **brief**

CANADIAN YOUTH MAKE GAINS IN LABOUR
Employment gains in January were driven in part by young people, according to Statistics Canada figures released Friday. Employment for individuals ages 15 to 24 increased by 29,000, pushing the unemployment rate down. This is the first notable employment gain among youth since the beginning of the downturn in fall 2008. Youth in B.C. made the most gains with a 1.2 per cent increase in their employment rate.

ENROLMENT UP AT OKANAGAN COLLEGE Okanagan College reports that January enrolment figures show approximately 5.7 per cent more students attending the school's campuses than in January 2009. Students are also taking more courses this term, with registrations up 10.8 per cent overall from the year before. The college's Vernon campus experienced the largest percentage growth, with 15.6 per cent more students compared to 2009.

METRO NEWS SERVICES

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CBC PHOTO

Frank Janicek gets some hard advice from the Dragons about his board game, Take Me To The Cleaners, on tonight's episode of Dragon's Den. It airs at 8 p.m. on CBC.

Advice: It's always your decision

Dragons' Den
Dianne Buckner

metronews.ca/dragonsden

"We should also be careful about giving advice. It's easy to shoot from the hip ... but if you're not truly confident about your recommendation, don't give it."

Have you ever asked for advice about your career? And did you take that advice?

I'm a big believer in consulting experienced, knowledgeable people before making any big moves in your workplace. It's good to get a variety of perspectives, and possibly more information, before taking a significant step.

Tonight on Dragons' Den, one of the Canadian entrepreneurs pitching for investment won't listen to Kevin's advice about how to proceed with his product.

"Why aren't you listening to me?" Kevin demands. "What's the matter with you?"

Whether or not this entrepreneur should listen to Kevin could be debated. Certainly all of the Dragons have been incredibly successful in business, so any bits of wisdom they share should be considered. But at the end of the day, everyone does have to make their own decision, since we're the ones who will bear the consequences.

A good friend of mind once acted on some bad advice. He'd been having difficulty in his workplace — the boss was having an affair with a member of the team and that person seemed to be getting the best assignments. My friend consulted another colleague, who worked in a different department. "Go to your boss's supervisor," he was told. "This is a bad situation, and someone higher up has to intervene."

But what my friend didn't consider was that the person giving him advice was as new to the company as he was. Neither realized that the badly-behaved boss had worked for the company a long time, and was able to command a higher level of loyalty than he was as a junior employee. Shortly after making his report to the top executive, my friend was told his contract would not be renewed.

Maybe his boss got a stern lecture about the affair; maybe not. The point is, my friend was ill-advised, and ended up being out of a job.

It's important that if you do want some guidance, you speak to people who you respect. And even then, you have to feel comfortable with the action they recommend. Again, it's YOU that will have to deal with the outcome, good or bad.

I think we should also be careful about giving advice. It's easy to shoot from the hip about what a person should do in any given situation, but if you're not truly confident about your recommendation, don't give it.

Watch tonight, and see if you think Kevin's advice was good or bad!

Dianne Buckner hosts Dragons' Den and is also a weekend anchor on the CBC News Network. Dragons' Den airs tonight at 8 p.m. on CBC.

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Date: March 5, 2010 (9:00am - 4:30pm)
Fee: $195 Includes Networking Lunch
Location: JIBC Great Northern Way Campus (Vancouver)
For more info: www.jibc.ca/csjd
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uSask breaks ground for new student residence
Monday marked the start of construction of the University of Saskatchewan's new student residence, a project in which the province has invested $15 million. The $35.9-million residence will accommodate 400 students. METRO NEWS SERVICES

Job applications in the YouTube era

RAFAEL BRUSILOW
for Metro Canada

With the job market as tight as ever, some job seekers are finding the best weapon to help them stand out is an on-camera audition for their off-camera jobs.

Previously the exclusive domain of people seeking careers in the broadcasting industry (as you may know if you've ever helped your aspiring-TV-host friend create a demo tape), video testimonials are becoming an increasingly savvy way for regular people to promote themselves to employers and score those crucial in-person interviews.

Catharine Fennell, president and CEO of videoBIO, a Canadian company that produces short, professionally scripted and edited personal video testimonials for consumers and corporate clients alike which showcase the person's personality instead of just their credentials.

Since opening videoBIO for business in April of last year, Fennell says growth has been tremendous with the company having produced hundreds of video bios for individual job seekers and entire corporate rosters alike at firms like Harper Collins. Fennel believes the demand suggests the image-rich online world of Facebook photo albums and personal YouTube clips has made job seekers more eager to create a personal brand that sells them well.

"We're seeing a trend towards people caring very much about their personal brand and people are making that shift where they're starting to really take control and manage their image and career online," Fennell said.

Paul DesOrmeaux is a sales engineer for technology companies in New York and decided before his latest job search to get a videoBIO testimonial done to help get his foot in the door of the interview process because the hardest part of getting hired in his field is scoring that first face-to-face interview out of a field of competing resumés.

"I don't really get a chance to sell myself unless I'm already in the internal hiring process. I'm hoping that (a video) makes me stand out a little bit more for those positions I don't already have an 'in' for," DesOrmeaux said.

If you're finding it hard to get your foot in the door on the job hunt, perhaps a video resumé is a good way to stand out from the crowd.

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By the numbers

According to Statistics Canada, one-half of all visible minorities in Canada will belong to the South Asian or Chinese groups by 2017. The projections show that the population of each group would be around 1.8 million. **METRO NEWS SERVICES**

Chinese New Year

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

A time for family gatherings

DANIEL TAM
for Metro Vancouver

Many Canadians are preparing themselves for a time of family gatherings and extravagant dinners as the start of the new year kicks off this weekend.

Sunday, Feb. 14, marks the beginning of the year of the tiger, according to the Chinese Lunar calendar, and ends on the full moon 15 days later, also known as the Lantern Festival. Locals are preparing to take part in the many traditions that have been passed down for generations.

When the festivities begin between late January and mid-February of each year, the Chinese would visit friends and relatives at their homes and receive red envelopes containing money from married couples and the elderly.

The red envelopes, also known as lucky money or "lai sze" in Cantonese, are handed out and meant to drive away evil spirits during the festival.

"It's my favourite part of Chinese New Year," said Wilson Lo, who immigrated to Canada at the age of four and has celebrated the occasion here since 1990.

There are also family gatherings where extended relatives would get together for a communal feast, or "tuan nian."

Joyce Lai, an education student at UBC, said that her favourite part of celebrating the new year is catching up with relatives.

"I get to see relatives I otherwise won't see during the rest of the year," said Lai.

Families would either gather at home or dine out at Chinese restaurants, many of which end up fully booked even days before.

The Chinese New Year parade will be taking part in Chinatown as well, and it is one of the city's three largest non-commercial annual parades, according to the City of Vancouver.

The parade features more than 50 traditional lion dance teams, considered to be the largest assembly of its kind, according to the Chinese Benevolent Association of Vancouver.

The Lantern Festival marks the end of the celebrations and takes place 15 days after the start of Chinese New Year.

Red envelopes, known as lucky money or "lai sze," are handed out during Chinese New Year.

The festival is celebrated using bright and elaborate lantern displays, often in the shapes of butterflies, dragons and birds, among other animals.

Sizes of the lanterns range from being small enough for a child to carry, to several storeys high as seen in larger celebrations in Taipei and Hong Kong.

With the Olympics being in town and Valentine's Day falling on the same date, the festivities could be the busiest one in Vancouver yet!

Tigers represent fearlessness, courage

2010 marks the year of the tiger, an animal that represents courage and fearlessness in Chinese culture.

The third animal behind the rat and the ox in the Chinese zodiac, the tiger symbolizes many characteristics that are believed to be within those born in those years.

People born in 1950, 1962, 1974, 1986 and 1998 share the qualities of the tiger, which include the aforementioned traits, as well as being passionate, impulsive and aggressive.

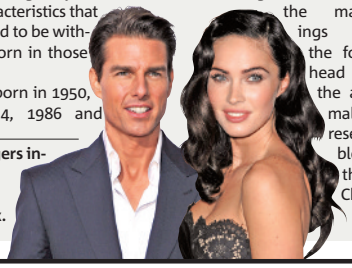
Ancient Chinese culture revered the tiger and believed the markings on the forehead of the animal resembled the Chinese character "Wang", which means king.

In Imperial China, many emperors have the tiger as their insignia, and many high-ranking commanders in the army would have it as their military emblem.

Notable "tigers" include actors Tom Cruise, Megan Fox, Christian Bale and Steve Carell, and talk show hosts Jay Leno and Dr. Phil McGraw.

Canadian athletes Steve Nash and Paul Kariya, both born in 1974, are also tigers.

– DANIEL TAM
/FOR METRO VANCOUVER



Famous tigers include Tom Cruise and Megan Fox.

Symbols of luck, good fortune part of celebrations

DANIEL HENDRIKSEN
for Metro Vancouver

Bring on the year of the tiger.

It's time to celebrate the Chinese New Year again. The festivities, which include the 37th annual Chinese New Year parade, get underway in Vancouver on Sunday.

As usual, Chinatown will be covered with decorations and a full day of activities is planned.

New Year celebrations are of great significance to Chinese Canadians, says Jun Ing of the Chinese Benevolent Association of Vancouver.

"It's very important to a lot of them, including myself, because we still maintain a large part the heritage and culture from our homeland," says Ing.

The New Year festivities usually last about two weeks, with each day having its own significance. According to Ing, it is easy for one to gain 20 to 30 pounds over the two weeks.

"There are all kinds of different foods consumed throughout the celebration," he says. "Everything from vegetarian dishes to fish, meat and poultry, and we're talking about gourmet 10-course meals."

One of the traditions includes the cleaning of one's house and belongings.

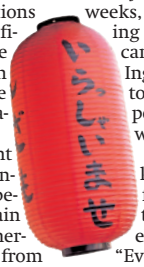
"Chinese people will clean their houses and all their belongings before the New Year to get rid of bad luck. They do not want to clean after the New Year because they want to keep the new good fortune," says Ing.

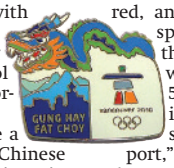
The New Year is also a very special time for children as they accept red envelopes filled with money from their elders, something Ing says is a symbol of luck and good fortune.

This year will be a special one for Chinese New Year celebrations in Vancouver as the 2010 Olympic Winter Games will coincide with the activities.

"The Olympic committee is calling for Vancouverites to paint the town red, and red is a very special colour for the Chinese, so we're putting up 500 red lanterns in Chinatown to show our support," says Ing.

The Hudson's Bay Company is selling a pin that recognizes the combination of the year of the Tiger and the Vancouver 2010 Olympics.





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1:30 p.m.	KEES Tae Kwon Do and Demonstrations
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Did you know?
Forty-five per cent of the population of Richmond, B.C., and 31 per cent of the population of Burnaby reported Chinese ancestry, according to Statistics Canada (based on 2006 Census data). METRO NEWS SERVICES

New Year menu a surprise

SEAN KOLENKO
for Metro Vancouver

Tucked in between the organic grocers and yoga mat peddlers of Kitsilano's 4th Avenue lies Connie's Cook House, a neighbourhood staple of Chinese food for the past decade.

Owner Connie Su, who can be found serving tables every lunch service, prides herself on the strict standards she holds regarding her food — standards she believes has pushed her place to become the institution it is.

"We go to the grocer's every day," said Su.

"The market is the first place we go. That's what makes us different. I feel people still need more education about fresh vegetables."

SEAN KOLENKO/FOR METRO VANCOUVER

Connie Su, owner of Connie's Cook House.

With Chinese New Year and the Olympics just around the corner, Su is preparing for an extra-busy period, but isn't revealing what tricks she has up her sleeve for her culture's New Year celebration just yet.

"It's difficult to say what we're going to do exactly," said Su. "The really traditional New Year's dishes, like steamed fish, may be a little too much for Vancouver people.

"But, I have a very traditional Chinese family," she adds. "Three generations under the same roof, it's the Chinese way. So, I'm sure we'll be doing something for New Year."

Friendly service, another cornerstone of Su's success, is an integral part of what keeps people walking through her doors regardless of what celebration, or time of year, it may be.

"Warm service," she said. "Always a smile. Because of that, my regulars have been supporting me this whole time."

Monica Wang, who's been working for Connie for the past nine years, feels the staff at the restaurant has been able to create a strong feeling of community with all their customers.

"We really are like a family here," she said. "The neighbourhood is just so nice."

For Derek Nakamoto and Kelly Yhap, regulars of Connie's since the early days of the restaurant, it's that personable service that keeps bringing them back.

"It's just so friendly here," said Nakamoto. "And the portions are great, good value."

The Yaletown residents say they will definitely be making the trip across the bridge again soon, even with closer options at their disposal.

"For Chinese food in Vancouver, even for Chinatown, this place is the best option," said Nakamoto.

If you want to go...

- Connie's Cook House is located at 2135 W. 4th Ave. They are open Monday to Friday from 11:30 a.m. to 10 p.m., Saturdays from 12:30 p.m. to 10 p.m. and Sunday's from 4 p.m. to 10 p.m.

Celebrations in the city

Gung Hay Fat Choy, Vancouver. It's almost Chinese New Year and with the big day coming up this weekend, one of the city's oldest and most popular parties is set to kick off in grand fashion yet again.

From parades to dances, gala dinners to karaoke, this year's Chinese New Year celebrations offer a little something for everyone.

Here's a roundup of some events to check out:

- On Thursday, the Chinatown Business Improvement Association will be hosting a **Torch Relay Celebration Event**. The flame is scheduled to pass through Chinatown's Millennium Gate between 8:30 a.m. and 9:30 a.m. The running of the flame will be followed with live performances at Pender and Carrall Streets throughout the day. Admission is free, and families are welcome.

- On Sunday, the annual **Chinese New Year Parade**, the season's largest event, is scheduled to kick off at 9:30 a.m. at the corner of Pender and Columbia Streets. The parade will feature the largest assembly of lion dance teams in Canada. After the parade, the dance teams will collect money from Chinatown stores — a Chinese tradition — to ward off evil spirits and bring good fortune to merchants. The day will be capped off with a cultural fair at 50 E. Pender St., where 500 lanterns will be hung throughout Chinatown.

- For those with more culinary intentions for this New Year, The Grand Ballroom in Richmond's annual **Gala Dinner and Dance** may be for you. Start the evening with a buffet dinner, take in the cultural showcase and dance until midnight. Ticket are $28 for members, and $32 for guests. A portion of the ticket sales will go to the Canadian Red Cross Haitian Relief Fund. The Grand Ballroom is located at 12200 Riverside Way in Richmond.

– SEAN KOLENKO /FOR METRO VANCOUVER

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By the numbers

According to Statistics Canada. the number of people in Canada as of Census Day in 2006 who were born in a year of the tiger was 2,583,305 (based on 2006 Census population figures). **METRO NEWS SERVICES**

Chinese New Year

Games alter parade

DANIEL HENDRIKSEN
for Metro Vancouver

Organizers of the 2010 Chinese New Year Parade have been required to make some alterations to both the parade route and its start and end time this year.

The parade, which will take place on Sunday, will start at 9:30 a.m. and end at 11 a.m. In past years, the parade would start at 11 a.m., but this year, due to Olympic road closures and events, it is slated to be over by 11 a.m. instead.

> **"We want to show (the tourists) the multiculturalism that we have in our city."**
> Jun Ing, parade marshal

Muriel Honey, manager of film and special events for the City of Vancouver, says a couple of streets that will be closed for the Olympics are part of the traditional parade route.

"Pender and Hastings have to be cleared by 11 a.m. and these are two major streets on the parade route," she says. "So it will be starting two hours earlier than normal and will end at its usual start time."

The organizers of the 37th annual parade are not letting the shortened route dampen their spirits. In fact, they're embracing being a part of the Olympics.

"We want to co-ordinate our New Year events so that everything goes as smoothly as possible, and with all of the tourists coming to Vancouver, we want to show them the multiculturalism that we have in our city," says parade marshal Jun Ing.

A group of VIPs from the parade, along with 10 lions and a dance group, will march to the "2010 Live Site" at Georgia and Beatty, where they hope to attract some of the tourists who will be there attending the Olympic events.

According to Honey, the city supports the parade despite the issues they face surrounding the Olympics.

"The parade is so popular that we feel it needs to take place even with the issues that we're facing," she says.

Weather permitting, up to 70,000 people are expected to take in the entertainment, with another 2,000 people involved in the parade itself.

The parade is not the only event being held on Sunday.

"We will have festivities going on at the Chinatown Plaza all day, including an evening celebration gala," says Ing. "We will also have a celebration fair at the Sun Yat-Sen Garden Courtyard from 11 a.m. to 3 p.m. that day."

RICHARD LAM/THE CANADIAN PRESS FILE PHOTO

Up to 70,000 people are expected to attend this year's parade.

More online

- For more information and a map of the parade route, visit cbavancouver.ca.

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Sportage: $171 bi weekly payment, 3.99% 60/84 bi weekly, plus $495 doc fee, $495 fpf, $130 levies, TP $27137 + res $8540. Rio: $78 bi weekly payment, 2.49% 60/84 bi weekly, plus $495, doc fee $495 fpf, $130 levies, TP $23437 + res $7376. Sedona: $144 bi weekly payment, 3.99% 60/84 bi weekly, plus 495 doc fee, $495 fpf, $130 levies. TP $22988 + res $7235. Soul: $119 bi weekly payment, 3.9% 60/84 bi weekly, plus 495 doc fee, $495 fpf. $130 levies TP $19023 + res $5974 Forte; $110 bi weekly payment, 2.9% 60/84 bi weekly plus $495 doc fee, $495 fpf, 4130 levies TP $18138 + res $5563. *" No Pay Until May" (90 day payment deferral) applies to purchase financing offers on all new 2010 Kia models. No interest will accrue during the first 60 days of the finance contract. After this period interest starts to accrue and the purchaser will repay principal and interest monthly over the term of the contract. **0% financing available on 2010 Rio/Rio5/Forte. Cash back amount varies by model and trim. Delivery and destination fees of $1,455 excluded. ^MSRP for 2011 Sorento (SR540B) is $25,645. Delivery and destination fees of $1,650 included.

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1.8 SL MODEL SHOWN▲
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$0 DOWN PAYMENT

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HWY: 6.3L/100KM (45 MPG)▲▲

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2010 IIHS TOP SAFETY PICK

5-STAR RATING FOR FRONT-IMPACT CRASH SAFETY4

0% PURCHASE FINANCING FOR 36 MONTHS‡

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LEASE RATE **2.9%** $0 SECURITY DEPOSIT $2,148 DOWN PAYMENT $12,915 TOTAL LEASE OBLIGATION

CITY: 8.4L/100KM (34 MPG)
HWY: 6.4L/100KM (44 MPG)▲▲

2.0 SL MODEL SHOWN▲ www.nissan.ca/sentra

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5-STAR RATING FOR SIDE-IMPACT CRASH SAFETY4

0% PURCHASE FINANCING FOR 36 MONTHS‡

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170-hp, 2.5-litre DOHC engine • Standard Xtronic CVT® w/ available paddle shifters • Standard ABS, Vehicle Dynamic Control (VDC), and Traction Control System (TCS) • Auxiliary audio input jack • Winner of a Consumers Digest Best Buy Award[3]

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CITY: 9.2L/100KM (31 MPG)
HWY: 7.3L/100KM (39 MPG)▲▲

2.5 SL AWD MODEL SHOWN▲ www.nissan.ca/rogue

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‡0% purchase financing for up to 36 months available on 2010 Versa Hatch, Sentra and Rogue models. Finance Example for a new 2010 Versa Hatch 1.8 S (B5LG50 AA00): $15,523 Selling Price including ($1,325) freight and PDE, financed at 0% APR for 36 months equals $292.31 per month with $5,000 down payment or equivalent trade-in. Cost of borrowing is $0 for a total obligation of $15,523. License, registration, insurance, duties and applicable taxes are extra. Finance offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. Offers valid between February 2nd and March 1st, 2010. †Lease Examples: $15,523/$16,523/$24,698 Selling Price for a new 2010 Versa Hatch 1.8 S (B5LG50 AA00)/2010 Sentra (C4LG50 AA00)/2010 Rogue FWD S (W6RG10 AA00) at 2.9%/2.9%/1.9% lease rate for a 60/60/39 month term. Monthly payment is $203/$179/$229 including ($1,325)/($1,325)/($1,500) freight and PDE with $0/$2,148/$4,418 down payment or equivalent trade-in, and $0/$0/$0 security deposit. License, registration, insurance, duties and applicable taxes are extra. All prices are subject to change without notice. Retailer may lease for less. Lease based on a maximum of 24,000 km per year with excess charged at $0.10/km. Total lease obligation is $12,173/$12,915/$13,354. Lease and finance offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. Offers valid between February 2nd and March 1st, 2010. ††Selling Price for a new 2010 Versa Hatch 1.8 S (B5LG50 AA00), manual transmission/2010 Sentra (C4LG50 AA00), manual transmission/2010 Rogue FWD S (W6RG10 AA00) Selling Price and monthly payment include $1,500 bonus. The $1,500 bonus applies only to the purchase or lease of new 2010 Rogue FWD S (W6RG10 AA00) models. The $1,500 bonus is stackable with subvented lease and finance rates and is deducted from the starting price after taxes. Limited time offers on approved credit through Nissan Canada Finance are subject to change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. ▲Models shown $18,723 Selling Price for a new 2010 Versa Hatch 1.8 SL (B5RG50 AA00), manual transmission/$24,423 Selling Price for a new 2010 Sentra 2.0 SL (C4TG10 AA00), CVT transmission/$30,798 Selling Price for a new 2010 Rogue SL AWD (Y6SG10 AA00), CVT transmission. Freight and PDE charges ($1,325)/($1,325)/($1,500) are included. License, registration, insurance, duties and applicable taxes are extra. All prices are subject to change without notice and cannot be combined with any other offers. Retailer may sell for less. ▲▲Actual mileage may vary with driving conditions - use for comparison only. [1]WardsAuto.com's Lower Small segment, January 2009. [2]WardsAuto.com's Lower Small segment, January 2009. 2010 Versa vs. 2009 competitors. [3]The 2010 Versa Hatch and Rogue are winners of a Consumers Digest Best Buy Award. The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. [4]Government star ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (www.safercar.gov). U.S. model tested. Please see www.safercar.gov for up to date information. [5]The 2010 Sentra is winner of the Canadian ALG Residual Value Award – Entry Compact Car category. ■For a limited time receive up to $1,000 Grad discount available on select models when leasing or financing a new 2010 Nissan. See retailer for complete Grad program details.

Student builds 'smart camera' for automakers

A "smart camera" technology that can help increase a factory's efficiency has won its student designer the national AUTO21 TestDRIVE automotive research competition. Siddhant Ahuja, a PhD student at the University of Windsor in Ontario, received a $10,000 scholarship for his work on indoor real-time location tracking systems. CANADIANDRIVER.COM

Metro Drive

Closer to World Car title

The first round of finalists for the 2010 World Car of the Year have been named. The winner will be announced at the New York International Auto Show. The 10 cars for World Car of the Year are the Audi Q5, BMW X1, Chevrolet Cruze, Kia Soul, Mazda3, Mercedes-Benz E-Class, Opel/Vauxhall Insignia/Buick Regal, Porsche Panamera, Toyota Prius and Volkswagen Polo. METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

4Runner still got mojo

Toyota's SUV beauty also able to roll with the rough

NEIL MOORE
for Metro Canada

The 2010 Toyota 4Runner has been given a more rugged appearance to match its off-road ability.

Today's sport utility vehicles are a far cry from the boxed pickup trucks of yesteryear. Now offering the style and amenities demanded by the business executives and soccer parents who buy them, SUVs now seem more about comfort and style than they do about either sport or utility.

Sure, they offer four-wheel-drive, many also with four-wheel-lock and other traction control systems, but how many can truly take the pounding of serious off-roading?

With that question in mind, I jumped at the opportunity to put the all-new 2010 Toyota 4Runner SUV through the paces in the backwoods of Muskoka cottage country, during a recent launch event.

From all appearances, the current generation 2009 4Runner has become every bit as urban and posh as others in the intermediate-size SUV segment. And despite its roots — and current status — as an able off-roader, it doesn't look the part.

The newest 4Runner is taller, wider and longer than the '09, with pronounced, squarish fender flares, wide shoulders, masculine grille and overall, a no-nonsense, truck-like exterior.

At the heart of this new model is a new six-cylinder powerplant that replaces the fourth-generation's standard 3.5 litre V6 and optional 4.7 litre V8 engines. This 4.0 litre DOHC 24-valve V6, rated at 270 hp and 278 lb/ft of torque, is up by 34 hp and 12 lb/ft over the previous V6 and up 10 hp over the optional V8, while matching its 5,000 lb. towing capacity.

This engine also sees a five per cent improvement in fuel economy over the prior V6 and 17 per cent better than the previous V8. It is rated at 12.6/9.2/11.1 litres/100 km city/highway/combined.

Along with more oomph, the 2010 4Runner features an even more impressive ability to handle tough terrain.

Not that I'd take my own leather-lined, climate controlled 4Runner (if I had one) over muddy, rock and log strewn trails and through river beds. But it's nice to know I could.

I drove the Trail edition, one of five models that include the base SR5 at $36,800 (same price as '09), the Upgrade Package, Limited Package and Limited with Navigation Package.

The SR5 model comes standard equipped with eight-way power driver's seat; four-way power passenger seat; XM satellite-capable, eight-speaker audio system with Party Mode; running boards; multi-information display and a bevy of safety features.

2010 Toyota 4Runner

Type: Intermediate SUV
Price: (base SR5 model) $36,800
Engine: 4.0 litre DOHC 24-valve V6 (270 hp and 278 lb/ft of torque)

Highlights

- Impressive ability to handle rough terrain
- Plush interior

Inside, there's no shortage of creature comforts, such as these well-bolstered, power-adjustable seats.

The Gladius 650.

Suzuki's Gladius 650 wins award

HONOURED Suzuki's latest middleweight motorcycle has gained one of the most prestigious awards in its home market, taking the honours in the motorcycle category of the famous Good Design Awards.

Launched in the spring of 2009, the Gladius 650 replaced the hugely popular SV650, going on to score highly with both press and customers.

Featuring a trellis-styled steel frame, curved bodywork and ancillaries along with bold colour options, the Gladius brought unique style to the Japanese naked middleweight segment.

With a chassis and bodywork designed to be slender, a low seat-height of just 785mm and strong attention to detail, the Gladius 650 is one entry-level machine that delivers both form and function.

FROM CARGUIDE

AutoPilot

Michael Goetz

WILL RETURN

Entourage big car for little cash

JUSTIN PRITCHARD
for Metro Canada

MODEL: 2007 to 2008 Hyundai Entourage
VEHICLE TYPE: Minivan
APPROXIMATE USED PRICE RANGE: $14,000 to $20,000

HISTORY/DESCRIPTION: Hyundai's Entourage brought the brand's knack for value-based vehicles into the family hauler marketplace. It experienced a short life and limited sales, but not before earning a reputation for fantastic bang-for-the-buck in the minivan scene. It even claimed a surprise Best New Minivan award from the Automobile Journalists Association of Canada (AJAC) in 2008 — beating the then-new entries from Chrysler for the title.

Entourage's interior packed some 4,000 litres of maximum cargo space, five doors, seven seats and plenty of at-hand storage and organization. Several trim levels with numerous options and hardware combinations were available. All the staple features were standard — including power accessories, air conditioning and cruise control.

Second Gear

WHAT OWNERS LIKE: Entourage owners who've taken to the web often say they first checked out the Entourage because of its price and crash-test scores. Further investigation followed thanks to the ride comfort, roominess, power and abundant handy storage. Ultimately, the generous warranty and overall value was one of the strongest drivers of the purchase decision.

WHAT OWNERS HATE: Owner complaints included cheap interior trim quality, squeaks and rattles over time, and sometimes-heavy fuel consumption.

COMMON ISSUES: Given the Entourages low sales volumes and short lifespan, reliability data is inconclusive at best. As such, a thorough test drive and comparison of several candidates is key to finding a worthy used model. Good old fashioned shopper instinct is important, too.

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Cheap flights coming to Alaska?

Travel industry officials say more airline flights to Alaska this summer may boost competition and result in lower fares to some Lower 48 cities. Daily nonstop service to Anchorage flights have increased by 50 per cent. METRO NEWS SERVICES

Travel

Aspen adopting tourists

Find this ritzy ski resort a little snobby? Aspenites are working on it. A city tourism initiative announced this week seeks to shake off Aspen's unfriendly reputation, according to the Aspen Daily News. The Adopt a Tourist promotion has city officials asking residents to volunteer to play host for visiting tourists.

METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Delivering Excellence

Forget the flowers, head south for your Valentine's Day

JOHN AND SANDRA NOWLAN
For Metro Canada

JOHN NOWLAN/METRO CANADA

Horseback rides come complimentary while staying at Excellence resort.

The Dominican coast line is considered to be some of the best in the world.

Flowers and chocolates may be ideal gifts for Valentine's Day but many couples are opting for a more exotic treat in a tropical, luxury setting.

All-inclusive Caribbean resorts that cater only to adults are becoming more popular with Canadians. Few do it better than Excellence Punta Cana at the far eastern end of the Dominican Republic.

The 450 room Excellence Punta Cana is about an hours drive from the modern, efficient thatched-roof airport, positioned in a series of low rise buildings along a half kilometre stretch of soft, golden sand.

Our late evening arrival didn't prevent a warm Dominican welcome with chilled glasses of sparkling wine in the lobby, a seamless check-in and, in our large suite (four-poster, king-size beds and marble floors are standard), a bubble bath in our double Jacuzzi with rose petals, candles and incense — a great romantic start to a week's vacation.

In the morning we awoke gentle sea breezes blowing through scores of dancing palm trees and a perfect 25 degree temperature. The breakfast buffet convinced us that this resort was special. In addition to the usual goodies (including excellent waffles, fresh-baked bagels and outstanding coffee) two types of caviar were offered as well as mimosa and Bloody Mary stations.

Fine cuisine is beginning to set the Dominican Republic apart from other all-inclusive resort areas of the Caribbean.

One of the reasons Excellence seems to excel is its policy of a la carte dining every evening in its eight theme restaurants. There's also an emphasis on fresh, local produce. Choices include Chez Isabelle (French), Agave (Mexican), Barcelona (Mediterranean, including excellent tapas), Toscana (Italian), Spice (Pan-Asian), Oregana (informal pizza and pasta), The Lobster House (sadly, only Caribbean lobster) and The Grill steakhouse (the favourite of the meat-loving Greens from Edmonton).

Once a week there's also a Dominican night, usually on the beach, where chefs prepare local specialties including roast suckling pig.

Any couple wanting a special, romantic dinner by the sea can choose (at extra cost) a private, candlelit meal directly on the beach with a special menu, unobtrusive service, fine wines and an unbeatable ambience.

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Sibide's mom singing in the subway
Although Gabourey Sidibe recently earned an Academy Award nomination for her performance in Precious, her mother — Alice Tan Ridley — is still singing in New York City subway stations to make money. "My name is not on Gabby's paycheck," Ridley told The NY Post. **POPEATER.COM**

Entertainment

TV Survivor
The host has spoken. Jeff Probst is staying on Survivor for its 21st and 22nd seasons.
PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Ashton Kutcher, from left, Jessica Alba, Topher Grace and Anne Hathaway star in the new movie Valentine's Day.

Big love a man's job

Valentine's Day — Which Gender Has More Stress?

STEVE GOW
for Metro Canada

Whether you're lucky at love or anxiously looking, the upcoming romantic comedy Valentine's Day aims to analyze the swelling stress that squires a full day of devotion.

No matter on what side of the equation you sit, one such issue that the star-studded affair explores — which gender encounters the most pressure on Valentine's Day — found many of the film's actors definitely in agreement recently in L.A.:

SHE SAID

Jennifer Garner: "Men — unless you're in Japan. We've learned that in Japan, women choose a guy to give a chocolate to (on Valentine's Day) so the guy's just waiting to get the chocolate … but here it's definitely the men. The men have to make it happen."

"Generally, I think women get a little more excited about the idea of having a Valentine or a secret admirer or a boyfriend and guys — maybe not so much." Jessica Alba

Anne Hathaway: "I absolutely think it's women, of course! I have to side with my gender … I just think it's so much pressure to find a red dress, to find a Valentine's Day-coloured dress. What if it's not in your color palate, what do you do?"

Valentine's Day opens Friday

Jessica Alba: "It depends who you talk to. Generally, I think women get a little more excited about the idea of having a Valentine or a secret admirer or a boyfriend and guys — maybe not so much. But I know some guys who are totally into it and they're sad if they don't have a date on Valentine's Day."

HE SAID

George Lopez: "There's more pressure on men. That gear is stripped — the gear that tells us that 'hey, Valentine's Day is coming; you ought to get some cards a couple weeks in advance and properly sign them … and not send a text.'"

Jamie Foxx: "Man, I just remember having those crushes (in school) and nothing like it going your way … (one of my friends recently) bought (his Valentine) underwear. Not Victoria's Secret! Like drawers!"

Topher Grace: "I have been in the situation where you've been dating about two weeks; it hasn't even dawned on me that Valentine's Day is coming and this year I really should know but it kind of comes up on you and all of a sudden. It's this day about commitment and you have to make some kind of statement or non-statement — it's a lot of pressure for a guy."

Warm your heart with these offbeat movies

ADAM NAYMAN
for Metro Canada

Garry Marshall's Valentine's Day is merely the latest — and most explicitly titled — Hollywood rom-com with designs on blitzing the mid-February box office.

Its starry ensemble cast, which includes a pair of Taylors (Lautner and Swift) and two Jessicas (Alba and Biel), will probably entice plenty of couples to the multiplex, but our advice to cinema-loving lovebirds is to stay in, turn the lights down, and sample one of the more offbeat titles on the following list.

ADVENTURELAND

Greg Mottola's follow-up to Superbad was advertised as another crude crowd-pleaser, but it's a more delicate piece of work. There's a plausible slow-burn to the relationship between amusement park wage-slaves Jesse Eisenberg and Kristen Stewart, and the scene where they joy-ride bumper cars with a Cure song in the background should hit a bittersweet nerve with '80s babies.

BEFORE SUNSET

Celine (Julie Delpy) and Jesse (Ethan Hawke) go boating — and walking, driving and maybe to bed in Richard Linklater's sublime two-hander, a meditation on time and memory that might be the best brief encounter since Brief Encounter. It's also probably the best sequel ever made, narrowly edging out Star Trek II: The Wrath of Khan.

FRIDAY NIGHT

Claire Denis is one of the cinema's great sensualists, and her 2002 film about a young woman's last night of single-hood — and the handsome man she meets in the midst of a Parisian traffic jam — fairly tingles with visual pleasure: Under her gaze, even the late-night clean-up at an empty café feels like an enchanted moment.

TWO LOVERS

A troubled loner (Joaquin Phoenix) sets his sights on a blonde goddess (Gwyneth Paltrow) while dismissing the affections of a family friend (Vinessa Shaw). James Gray's tortured love triangle resonates with empathy for all its characters, and articulates the dark side of infatuation with real eloquence.

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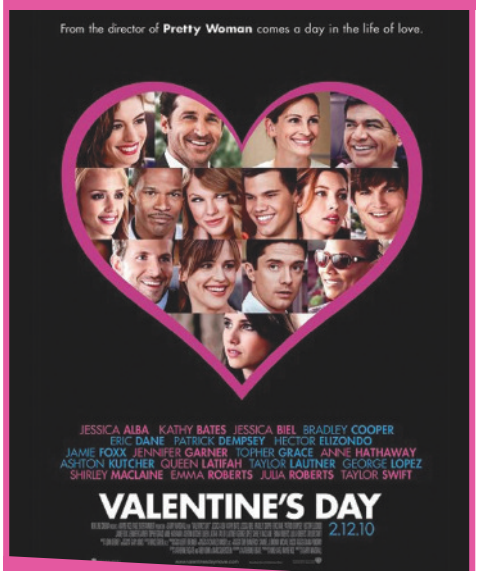

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A kitty cat in London

Susan Boyle's cat Pebbles is now living in London with a friend of the singer because Boyle isn't at her house in Scotland often enough to care for the cat. FEMALEFIRST.CO.UK

Celebrity Buzz

Football and foreign aid

THE LIFE OF A TYPICAL SUPER STAR After her PDA-packed Super Bowl appearance with Brad Pitt, Angelina Jolie jetted off to the Dominican Republic Monday to visit hospitalized Haitian earthquake survivors and meet with Dominican President Leonel Fernandez, people.com reports.

Yesterday, the 34-year-old UN goodwill ambassador — who is suing a British tabloid for claiming that she plans to split from Brad Pitt — was expected to travel to Haiti.

Last month, Jolie — who has visited many countries as an ambassador including Iraq and Pakistan — announced that she and beau Pitt, 46, are donating $1 million US to the emergency medical operation in Haiti.

METRO NEWS SERVICES

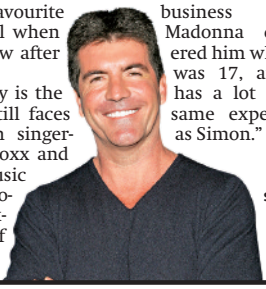
Time to move over, Simon

MADGE'S MAN IS IN TOWN Madonna's manager is being lined up to replace Simon Cowell on the American Idol judging panel, femalefirst.co.uk reports.

Guy Oseary — who is also Chairman of the singer's label Maverick Records, which has also released LPs by The Prodigy, Alanis Morissette and Deftones — is said to be the favourite to succeed Cowell when he leaves the show after the current series.

Although Oseary is the frontrunner he still faces competition from singer-and-actor Jamie Foxx and former Sony music boss Tommy Mottola — the ex-husband of Mariah Carey — for the judging job.

A source said: "Guy has been in the music business since Madonna discovered him when he was 17, and he has a lot of the same experience as Simon."



METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

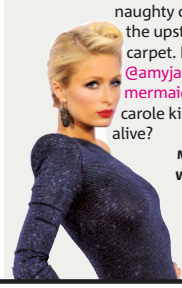
MATTHEW PERRY is reconsidering his identity, **PARIS HILTON** knows what she likes, **JONATHAN ROSS** is having pet issues, and **AMY WINEHOUSE** is looking for some verification.

@langfordperry Thinking pretty seriously about changing my name to klinty kluckson. More on this later...

@ParisHilton Just went to one of my favorite streets in Paris called Quai de La Megisserie. They have 3 blocks full of just pet stores. So cute!

@wossy I must go and remove a dog from the bedroom. One of them is being naughty on the upstairs carpet. Bye.

@amyjademermaid is carole king alive?



METRO WORLD NEWS

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/10/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Dragons' Den (N) (CC)		Republic of Doyle (N)		CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Access H.	Criminal Minds (N) (CC)		American Idol (N) (CC)		CSI: NY "The Formula" (N)		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	The Practice (CC)		The Standard		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Bones (PA) (CC)		Kitchen Nightmares (CC)		The Deep End (N) (CC)		News
	256	389	12 VI	Degrassi	TMZ (N) (CC)	Old Christine	The Middle	Law & Order: SVU		Law & Order: SVU		A News (N)
	253	359	13 CITY	Ugly Betty "Smokin' Hot" (N)		Mercy "I Have a Date" (N)		Family	Cougar Town	Dark Blue "Pilot" (CC)		EP Daily
	-	-	14 CW	The Office	The Office	Life Unexpected (CC)		Gossip Girl (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Old Christine	Unmarried	Criminal Minds (N) (CC)		CSI: NY "The Formula" (N)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Mercy "I Have a Date" (N)		Law & Order: SVU		Law & Order: SVU		KING 5 News
	602	568	19 W	Supernanny "Fager Family"		Chef Worthy	Grocery Bag	Restaur.	Restaur.	Chef Worthy	W Expert	W Expert
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Charlie Brown	The Middle	Family	Cougar Town	(:01) Ugly Betty "Smokin' Hot"		KOMO 4 News
	-	-	26 KVOS	M*A*S*H	Seinfeld	Radio ★★ (2003, Drama) Cuba Gooding Jr., Ed Harris.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	ArtZone	Steves Europe	Faces of America		The National Parks: America's Best Idea (CC) (DVS)				Alone
	290	382	28 FOX	Two/Half Men	Two/Half Men	Human Target "Run" (N) (PA)		American Idol (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	National Parks: America		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Faces of America	
	296	654	54 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	55 TLA	Two/Half Men	Two/Half Men	Life Unexpected (CC)		Gossip Girl (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	56 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	29 NW	Greatest Streakers		CBC News: The National (N)		CBC News: The National (N)		Greatest Streakers		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Best Damn Top 50 Special		Hockey	Sid vs. Alexander		Canucks TV	Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NHL Hockey Edmonton Oilers at Anaheim Ducks. (Subject to Blackout) (CC)					SportsCentre	Olympics: On Home Ice (CC)		SportsCentre
	411	457	49 OLN	Ghost Hunters Academy		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters Academy		Ghost Hunters
	410	403	54 SCR	College Basketball		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	NASCAR Racing		Pass Time	NASCAR Hub	Dangerous Drives		Pass Time	Pass Time	Wrecked
	416	409	144 GLF	Fútbol Alemán		La Liga 360		Gol TV News	Foot Brazil	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	That's-Weird	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Babar (CC)	Big & Small	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	(:35) Franklin	Comfy Couch
cable variety	268	354	5 KNO	Blue Realm "Shark Business"		Chinese School (CC)		Twin Spirits Robert Schumann and his wife.			Cello	Keaton Rides
	575	583	20 CMT	Home Imp.	Home Imp.	Due South "The Edge" (CC)		Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	24 MM	My Date	disBAND	MuchOnDemand (CC)		Pimp My Ride	My Own	Love Court	My Date	Video on Trial
	600	564	25 H&G	House Hunt	House	Holmes on Homes (CC)		Agent-Agent	Intervention	Property	Unsellable	House
	615	520	31 A&E	Dog the Bounty Hunter (CC)		Steven Seagal	Steven Seagal	Bounty Hunter	Bounty Hunter	(:01) Dog the Bounty Hunter		Bounty Hunter
	628	584	32 SPKE	Ways to Die	MANswers (N)	Blue Mountain	Ways to Die	MANswers	Ways to Die	CSI: Crime Scene Invstgtn.		Mysteries
	521	560	34 TLC	Toddlers & Tiaras (N) (CC)		Pregnant and in Peril (CC)		I'm Pregnant	I'm Pregnant	Toddlers & Tiaras (CC)		Mystery Diag.
	616	522	35 SHO	Relic Hunter (CC)		I Me Wed (2007, Romance-Comedy) Erica Durance. (CC)				HawthoRNe "Trust Me" (N)		NCIS (CC)
	620	523	40 BVO	White Collar "Vital Signs"		Law & Order "Deceit" (CC)		Without a Trace "Kam Li"		White Collar "Vital Signs"		Red Shoe
	601	562	41 SLC	End of Leash	End of Leash	ET Canada	What	Real Housewives of Atlanta		Real Housewives OC		Runway
	520	505	42 DIS	Mayday Partnair Flight 94.		Daily Planet (CC)		Mayday Partnair Flight 94.		The Colony		License
	522	506	44 HIS	Ice Pilots NWT (N) (CC)		Nostradamus Effect (N) (CC)		Ice Road Truckers (CC)		Ice Pilots NWT (CC)		Re-Inventors
	627	528	45 SPC	Supernatural (N) (CC)		InnerSpace	Stargate SG-1 "Ascension"		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	Meet, Browns	Meet, Browns	Lopez Tonight (N)		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Rescue Ink "Pit Bull Killer"		Hoarders "Bob and Richard"		Hoarders "Julie and Shannon"		Parking Wars	Parking Wars	Spoiled Rot.
	603	561	52 FN	Chopped "Flower Power"		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Chopped "Flower Power"		Iron Chef
	-	-	53 AMC	(5:00) The Fugitive ★★★		The Bone Collector ★★ (1999) Denzel Washington, Angelina Jolie. (CC)				Jagged Edge ★★ (1985)		
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Little Britain	Hot Box	Daily Show
	320	621	60 CEN	Journey-Center of Earth		Fast & Furious ★★ (2009, Action) Vin Diesel, Paul Walker.				(9:50) No Country for Old Men ★★★ (2007)		
	581	566	101 MTV	The Real World (N) (CC)		MTV Live	Sex News	Buried	Buried	The Real World (CC)		MTV Live
	261	394	102 V	Unscripted (N)	God Bless	Poltergeist: The Legacy		It Runs in the Family ★★ (1994) Charles Grodin. (CC)				Paid Program
	-	-	103 MUL	My Queen	Immortal	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical	Temas	Patrol World

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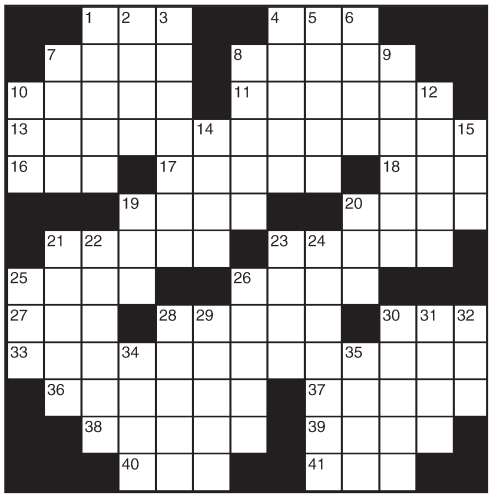
Take Five



ACROSS

1 Puncturing tool
4 Shriver of tennis
7 Dog bane
8 December holidays
10 Water nymph
11 Gets out of bed
13 Scattered here and there
16 X rating?
17 Eco-community
18 Hearty brew
19 Car
20 Census statistics
21 Pizzeria need
23 Infants
25 Boat's floor
26 Employer
27 Scot's denial
28 Boy Scouts' unit
30 Bikini half
33 Covering a wide range
36 Muss
37 Mistreatment
38 Tire pattern
39 Unrivaled
40 Hogs' home
41 Explosive letters

DOWN

1 Extraterrestrial
2 Have on
3 Spotted beetle
4 Adar celebration
5 Wonderland visitor
6 Work well together
7 No. 1 pick, for short
8 Google competitor
9 Refuse matter
10 Trawler need
12 Corporate department
14 Accompanying
15 "Indeed"
19 Diving bird
20 Tummy muscles
21 Handed out hands
22 Endangered wildcat
23 Italy's shape
24 Paving material
25 "CSI" evidence
26 Filled with ennui
28 Family-room appliance
29 Pass along
30 Tactless
31 American Beauty, e.g.
32 Chowed down
34 What we share
35 Black, in verse

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		7				9		
	4	8	6		9	1	3	
6	9						4	8
			9	1	3			
				4				
			8	2	7			
1	2						8	6
	5	3	1		2	7	9	
		9				5		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

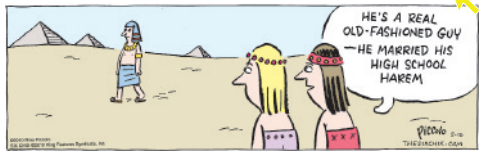
I	R	K	S		O	W	N	
C	E	N	T		C	H	I	
O	D	O	R		C	O	X	
N	O	X	I	O	U	S		
			F	I	R		S	
G	A	V	E	L		R	O	
O	D	E			A	N	Y	
T	O	X	E	M	I	A		
			R	I	D		P	
A	R	E	A	S		F	O	
B	O	X	S	C	O	R	E	
E	D	I	E		H	A	S	
L	E	T	S		S	T	Y	

R	A	P	T					
O	G	R	E					
S	W	A	I	N				
T	E	R	M	S				
R	O	X	A	N	N	E		
A	N	Y			O	A	R	
L	U	N	G	E				
		P	E	N				
F	O	X	T	R	O	T		
R	A	T	A					
U	N	T	O					
E	G	O	S					

2	6	3	8	7	4	1	5	9
8	4	5	9	6	1	3	7	2
1	7	9	3	5	2	4	6	8
6	9	1	7	4	5	2	8	3
4	8	7	6	2	3	9	1	5
5	3	2	1	9	8	6	4	7
3	1	4	2	8	7	5	9	6
9	5	8	4	3	6	7	2	1
7	2	6	5	1	9	8	3	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Chili Penne with Butternut Squash

INGREDIENTS:

11 oz (350 g) penne
2 lb (1 kg) butternut squash, peeled and cut into 3/4-in. (2-cm) cubes
1 tbsp (15 mL) olive oil
1/4 tsp (1 mL) crushed chili flakes
1/4 tsp (1 mL) cumin seeds
5 oz (150 g) soft goat cheese, crumbled
1/2 cup (250 mL) grated Parmesan cheese

METHOD:

1. Cook penne and squash in large pot of salted boiling water 12 minutes or until squash is soft and pasta is al dente. Reserve 6 3/4 tbsp (100 mL) cooking water, then drain thoroughly.
2. Pour olive oil into warm pasta pot set over low heat, and stir in crushed chili flakes and cumin seeds. Cook 1 minute, then remove from heat.
3. Return pasta and squash to pot and add reserved cooking liquid. Combine gently. Add goat cheese, season to taste and toss. Turn into warm serving bowl and top with Parmesan cheese. Serve immediately.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You've had all sorts of great ideas since the start of the year, but now some of those ideas may look a little impractical.

TAURUS
APRIL 21-MAY 21
You will certainly regret it if you pass up an opportunity to enhance your reputation today. Believe in yourself. Others do.

GEMINI
MAY 22-JUNE 21
You are not as confident as you look (you rarely are) and it's likely you are having serious doubts about something you recently signed up to.

CANCER
JUNE 22-JULY 22
Ignore the critics. You know you are on the right track and you know you are doing the right thing. So what else matters?

LEO
JULY 23-AUG 23
Cosmic activity in your opposite sign means there is an important issue over which you have no control. Don't worry — it will work out fine.

VIRGO
AUG 24-SEPT 22
The Sun in Aquarius at this time of year urges you to manage your time in a more economical way.

LIBRA
SEPT 23-OCT 23
If someone threatens to reveal what you don't want the world to know, call their bluff. Don't let blackmail work.

SCORPIO
OCT 24-NOV 22
You may be a headstrong individual but that can either work for you or against you, depending on how you choose to use it.

SAGITTARIUS
NOV 23-DEC 21
If you tell yourself that you are going to be bored and miserable today that is exactly how you will feel.

CAPRICORN
DEC 22-JAN 20
You are advised to listen to your head rather than your heart where matters of cash and what you own and earn are concerned.

AQUARIUS
JAN 21-FEB 18
As from today words will come more easily to you, which will have beneficial effects both in your working environment and in your personal life.

PISCES
FEB 19-MARCH 20
What you hear today may sound exciting but can you really trust what other people are saying? Show an interest but keep your options open.

EURO CHARM
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• Hydrotherapy and Psoriasis Technology Services
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• Non-Surgical Face and Body Skin-Lift
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Vancouver Public Library Central Library, Level 4
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Web: skilledimmigrants.vpl.ca
Employment information for career decisions
A free service for immigrants to British Columbia
Vancouver Public Library
British Columbia The Best Place on Earth
Canada
Funded by the Government of Canada's Foreign Credential Recognition Program

16 new ways to make life a little easier.

ESPN Score Center
Free • Get instant scores and updates on the fly from one of the most reliable names in sports news. ESPN's personalized scoreboards let you organize by sport and team so you get the updates you want, fast.

Twittelator Pro
$4.99 • Do you tweet? Use Twittelator Pro to send updates on the go, and bring them to life with photos and videos captured right on your iPhone.

The Sims 3
$6.99 • The ever-popular computer game arrives on the iPhone. Customize your Sims, explore stunning 3-D worlds and experience everything "real" life has to offer.

Tom Tom U.S. & Canada
$99.99 • Turn your iPhone into a fully featured Sat Nav with Tom Tom's expert voice-guided turn-by-turn directions, automatic re-routing, and more. It even links with your contacts list to give you directions to any address.

CBC Radio
Free • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favorites list for quick access to the programs you love.

Cooliris
Free • Bring the web's most interesting photos, videos and news right to your iPhone on an endlessly streaming wall. Browse content with the flick of a finger, then share via email or Twitter.

Wine Ph.D.
$4.99 • Go from wine novice to enthusiast in seconds. Just use your iPhone to search the Wine Ph.D. database by name, producer, varietal, region, food pairings or published ratings.

Local Concerts
Free • Want to know who's playing tonight? Local concerts taps your music library and a large global database to notify you of upcoming shows. Browse events by date or venue, then buy tickets right from your iPhone.

TuneWiki
Free • Listening to music on your iPhone and want to know the lyrics? Tunewiki serves up lyrics to songs from your iTunes library so you can follow along as the song is playing.

Epicurious
Free • Can't decide on dinner? Get Epicurious recipes right on your iPhone. Search by type, what's in your fridge or what's in season. Then make a shopping list with the touch of a button.

Barista
$2.99 • Let your iPhone teach you how to make coffee-shop quality espresso, even when you're at home with step-by-step directions on everything from pulling the perfect shot to pouring latte art.

GoodGuide
Free • Shop green with your iPhone. Now you can easily check the health, environmental and social impact of over 70,000 products, from food to toys, on-the-go and before you buy.

Mover
Free • Now it's easier than ever for two iPhones to share stuff. With just the swipe of a finger, you can transfer photos, contacts and more to another iPhone over the same WiFi network.

Rocket Taxi
$1.99 • Ever notice cabs are scarce when you need one? Using your iPhone's built-in GPS feature, Rocket Taxi will find a taxi closest to you. Then all you have to do is tap to call for your ride.

AroundMe
Free • When travel takes you to a new place, AroundMe can quickly find nearby businesses from the nearest bank to the closest gas station then route them for you using your iPhone's GPS.

Convertbot
$0.99 • Convert currency, length, mass, time and more. Convertbot's simple, intuitive interface makes conversion easy, even handling mixed units, like feet and inches.

It's amazing how much stuff you can do with an iPhone. With all kinds of apps to help with everything from shopping to gaming to cooking to tweeting. In fact, there are over 90,000 apps for just about anything, only on the iPhone.

TELUS | iPhone 3GS

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